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Hearing regarding 'Madeleine' disappearance book starts

A Lisbon court commenced hearings Tuesday on Kate and Gerry McCann's request for a permanent injunction against the sale of a book and a video alleging they were involved in the disappearance of their daughter in Portugal in 2007. (See Page 2)

Concerns grow over Algarve crime

In recent months, crime in the Algarve has become an international concern following numerous domestic robberies targeting mostly middle-aged to elderly couples living in isolated areas, and in which the level of violence has reached unprecedented levels, with criminals no longer waiting to swoop on houses when their occupants are out. (See Page 6)

Suspected ETA terrorists placed in preventive custody

A judge has ordered the preventive custody of a Spanish couple arrested in Portugal on suspicion of belonging to the Basque separatist organisation ETA. (See Page 11)

Benfica, Braga look to keep the pace

With half of the Super Liga football championship matches played, Lisbon giants Benfica and surprise-package Sporting Braga are the current pace-setters at the top of the table. FC Porto, meanwhile, are four points behind, and will be looking to ensure they stay in touch with the leaders by claiming victory this weekend against Paços de Ferreira. (See Page 56)

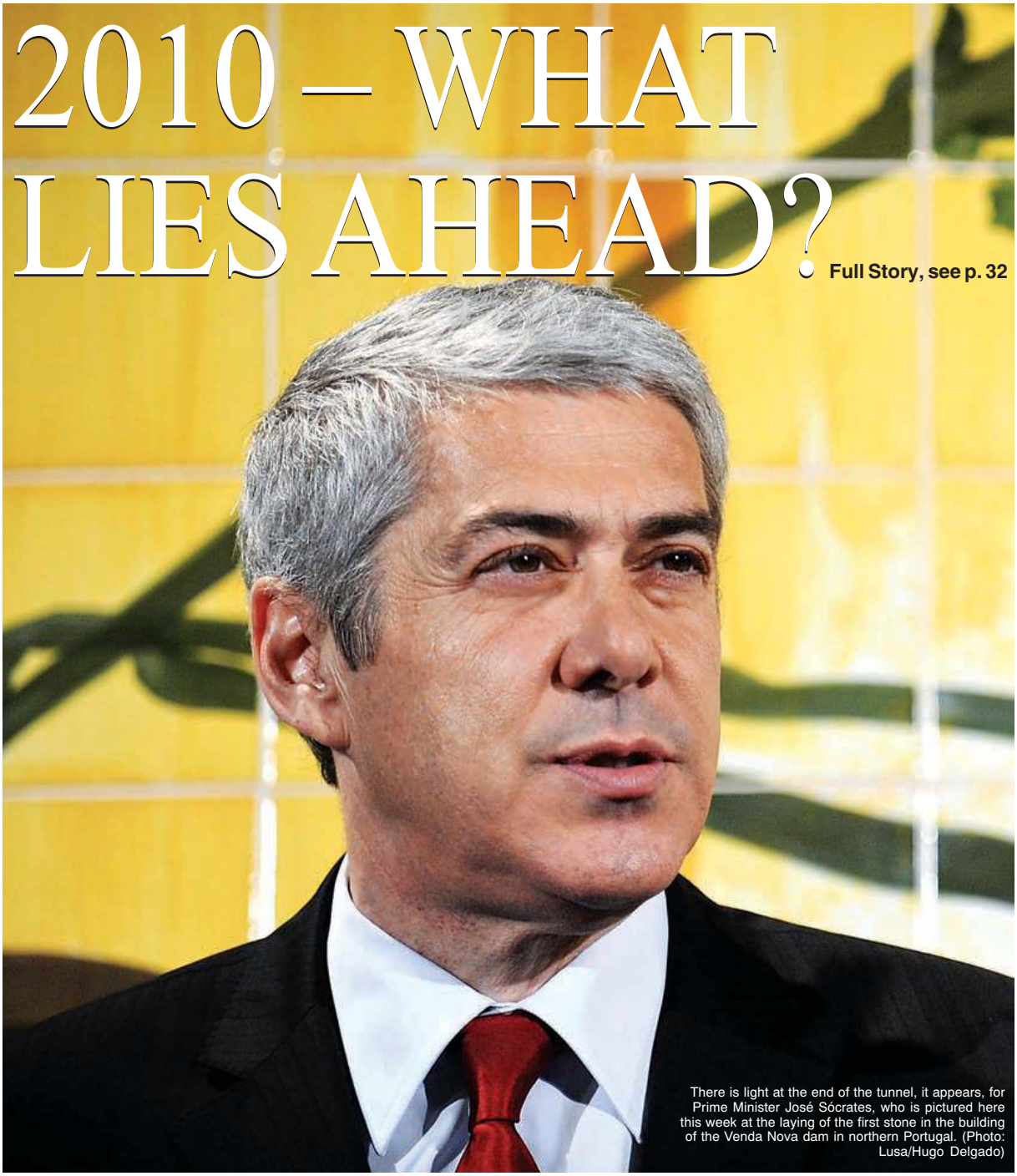
Weekend weather

Lisbon: The capital will warm up this weekend despite a damp start. Sunday is expected to be a clear day, though some showers are forecast once more for Tuesday. **Faro:** While the south will register heavy cloud, no rain is forecast this weekend. Thermometers are expected to rise to about 18º Celsius, though cooler weather will arrive in the middle of next week as the skies stay clear. **Oporto:** Heavy rain is predicted for the north on Saturday, and after a dry Sunday, showers will return next Monday and last until Tuesday.

Mixed fortunes predicted for the coming year as economy is set to grow, but so too is unemployment

2010 – WHAT LIES AHEAD?

Full Story, see p. 32



There is light at the end of the tunnel, it appears, for Prime Minister José Sócrates, who is pictured here this week at the laying of the first stone in the building of the Venda Nova dam in northern Portugal. (Photo: Lusa/Hugo Delgado)

THE PORTUGAL News

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Court opens injunction hearings on 'Madeleine' disappearance book

A Lisbon court commenced hearings on Tuesday regarding a British couple's request for a permanent injunction against the sale of a book and a video alleging they were involved in the disappearance of their daughter in Portugal in 2007. The parents of the child who went missing at the age of three, Kate and Gerry McCann, were to attend the hearings scheduled to run through to Thursday, a family friend told the Lusa News Agency.

Gerry and Kate McCann, parents of missing daughter Madeleine McCann arriving for the second day at the courthouse where the proceedings brought by the McCann family against the former coordinator of the Judicial Police Gonçalo Amaral, commenced in Lisbon on Tuesday. (Photo: Lusa/ Miguel A. Lopes)

The court first sat to hear the case in mid-December, but ordered a postponement on learning the lawyer for author Gonçalo Amaral, a retired police inspector formerly involved in investigating Madeleine's disappearance, was ill with the flu.

Authorities granted the McCann's motion for a provisional temporary injunction on the sale of the book and video last September 9th.

In the book and video titled 'Maddie: A Verdade da Mentira', or the Truth of the Lie in English, Amaral alleges the McCanns participated in the concealment of their daughter's body while the family was on holiday at an Algarve resort in May 2007.

The couple, who have filed a separate €1.2 million libel suit against Amaral, continue to lead a high-profile international search for Maddie, who they insist was kidnapped.

Last month, Amaral dismissed the McCanns' injunction motion as an attempt to restrict his "freedom of speech".

The couple then retorted that freedom of speech could "not outweigh other human rights", such as "respect for family, children and reputation".

Kate McCann said they were "not disappointed" at the hearing's postponement in December because the temporary injunction remained in place.

Portuguese authorities named the couple as "arguidos", or formal suspects, in the case at one point but reversed the decision months later for lack of evidence.

Gerry McCann meanwhile denied on Wednesday that the injunction hearings over a book about the case placed him and his wife on trial.

"It's not Kate and I who are on trial", McCann told journalists after the second day of hearings at a Lisbon court, while acknowledging that "some people may have gotten that idea".

Mr. McCann said there was no convincing evidence his daughter had been killed and that the parents' high-profile search for Madeleine would continue.

The court was expected to announce its ruling late Thursday or this Friday.

TPN/Lusa

Socialists considering gay adoption

Last Friday the Portuguese parliament approved a law draft on same-sex marriage but which expressly excluded the possibility of homosexual couples adopting, however, the PS socialist party has since said the right for same-sex couples to adopt could yet be incorporated into a future gay marriage proposal should the current one be rejected by the Constitutional Court (TC).

At present the current law proposal has only been approved in a general fashion and has yet to be scrutinized by the TC, which has the ultimate say on the introduction of new laws.

As it stands, the Parliament-backed law-draft allows two people of the same sex to marry in a Civil ceremony. It expressly prohibits same-sex, married couples from adopting, despite adoption being legal to single gay people.

Yet there is still the possibility the TC will reject the proposal because of its exacting anti-gay-adoption facet. This would leave the door open for the issue to be re-debated and incorporated into the new law.

PS vice-president Ricardo Rodrigues told Portuguese newspaper Diário de Notícias (DN) that, if faced with the TC's disapproval, "we would react in accordance".

In a paragraph underlining the Government's objectives for the current mandate, amongst which was same-sex marriage, it states "The Government promises to combat all discrimination and, in particular, will invest all efforts to give all people, irrespective of their sexual orientation and gender, the full use of their constitutional rights. With this step we believe we are contributing to a fairer society, structured by fundamental rights, democracy, and the value of inclusion by all people".

It specifically promised to "Remove judicial barriers to civil marriages for same-sex couples".

Following its vows to facilitate same-sex unions the PS clarified that that would not extend to the right to adopt.

Prime Minister José Sócrates has said that, "while a marriage involves two people, adoption involves three (a child)" and for that reason PS would not approach the topic of homosexual adoption.

After it has been considered by the TC the law-draft will be submitted to the President of the Portuguese Republic, Cavaco Silva, who then has three options: to promulgate, impose a constitutional veto, or a political veto.

Vilamoura's Tivoli Victoria voted 'Best Project' of 2009

Vilamoura's five star 'Tivoli Victoria' hotel was this week crowned 'Best Private Project 2009' by the fifth, annual Portugal Tourism Awards ceremony, which took place in Lisbon as part of the 22nd Lisbon Tourism Trade Exhibition (BTL) event.

The 'Tivoli Victoria' was one of eight projects awarded from as many different categories, for their contribution towards developing the tourism sector last year.

As part of the 'Vilamoura XXI' project, which aims to propel the city to the heights of tourism excellence, and located on the prestigious Oceânico Victoria golf course – which annually hosts the Portugal Masters golf tournament – the Tivoli Victoria won the title of best 'New Private Project'. It faced serious competition from several other luxury developments, distinguished for their quality, including the Herdade da Cortesia Hotel in Avis (Alentejo), the Altis Belém Hotel & Spa (Lisbon) and the Vine Hotel in Funchal (Madeira).

The ceremony was presided over by State Secretary for Tourism, Bernardo Trindade, who stressed the importance of the rising number of candidates eligible for an award.

This year 192 projects were assessed for the awards.

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Portugal world's second largest wind energy producer

Portugal has raced up the wind energy rankings in recent years, with wind turbines such as these in Vila do Bispo an increasingly common site across the country. (Photo: Lusa/Luís Forra)

For every 100 watts consumed last year in Portuguese homes, 15.03 watts were generated by wind power, according to data from the National Energy Networks (REN), placing Portugal second on the list of biggest global wind energy producers, ahead of Spain but behind Denmark.

REN's figures showed that in 2009, for every 24 hours of electricity energy, three hours and 36 minutes on average were produced by wind power.

This was 31.6 percent more than the previous year, 2008, and is particularly significant as last year there was a significant drop (1.4 percent) in general energy consumption.

Last year energy importation was also slashed by half, meaning that the national production of 7,493 Giga-watts of wind energy almost equaled energy produced by traditional stations in Sines and Tapada do Outeiro as well as being slightly less than the energy generated via all working dams.

Wind energy production over the past months has particularly benefitted by the recent windy weather conditions.

Other renewable energy production options have also been growing in popularity in Portugal. Hydro-electricity production has grown by 24.7 percent and photovoltaic production has increased by an impressive 315 percent.

Furthermore, clean energies, such as bio-mass and co-generation energies, represented 35.9 percent of all energy consumed in Portugal last year.

Nevertheless, this figure still falls short of the 45 percent goal post that Portuguese Prime Minister José Sócrates has established for 2010.

Online legalisation of water sources now available

Following the shock implementation of a poorly-publicised law change in April last year, the registration and subsequent legalization of private water resources such as boreholes, wells and streams in the Algarve can now be done online until May 31st.

Chaos broke out when the law change was first discovered last year despite being over one year old, due to the impending deadlines and huge fines it implied.

Poor information regarding the procedure was offered to both Portuguese and foreign residents in the region, and there seemed to be a lack of communication between Town Halls and the Regional Water Board (ARH) as to how the procedure should be instigated.

The imminent law change was initially brought to The Portugal News' attention after it was stumbled upon by a foreign resident in Monchique, who had heard about the rumoured shift from a farmer neighbour.

Panic grew as owners of land with water resources desperately tried to obtain more information on how to legalise them and avoid fines, then set at between €25,000 and €2.5 million.

Following the mass response, municipal services were overrun with enquiries and applications, the deadline eventually being extended by one year.

According to the ARH/Algarve the objective of last year's law change is to be able to map existing water recipients in the region, to provide better management, as many local authorities are unaware of boreholes and other water-providing systems located on municipal terrain, both private and otherwise.

This applies to pre-existing or previously registered/legalized (before 2008) systems created for both domestic and agricultural use, including boreholes, ponds, wells, streams, lakes, etc. People looking to obtain licenses for newly or recently installed equipment should contact the ARA/Algarve directly.

As of this week registration of such systems can be done via the ARH/Algarve's website.

Those re-registering old water resources should be aware that various types of documents, including maps (available via 'Google Earth'), identification documents and information, are required for on-line registration.

In April last year the situation reached boiling point after it emerged the deadline for the little-known, then year-old law stipulating anyone who had a private water supply must officially register it before May 31st or face a minimum €25,000 fine.

At the time it was verified the majority of the regional population had no idea this law actually existed and any information that was available from local authorities or websites was all in Portuguese.

It was brought to the attention of The Portugal News by a concerned British resident from Alferce, Monchique, who had learned of the situation through simple village hearsay, seemingly supported by a notification in the local post office.

It was later confirmed changes to compulsory registration of water equipment (Decree-Law number 226A/2007) were made public on March 31st 2007 and stipulated May 31st 2009 as the deadline for all registrations.

Despite being in existence for nearly 12 months it had remained largely unknown until April last year.

For more information see website: www.arhalgarve.pt, or phone: (+351) 289 889 000.

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Portugal plunges below zero

At the beginning of this week temperatures from practically all over Portugal had, at some point, plunged below zero, leaving four fifths of the country freezing.

Mid-week, the temperatures thawed somewhat, though did little to restore normality to the locations that had been worst affected.

Last Saturday (January 9th) thermometers showed that eighty-two percent of Portugal was experiencing negative temperatures, meaning most of the country plunged to sub-zero.

On Sunday, 62 percent of the country was still below freezing, according to data from the national Meteorological Institute (IM).

Despite strong rains forecast this week, the IM has guaranteed temperatures will at least rise somewhat.

However, disruptions caused mainly to transport systems and schools across Portugal have, in some cases, still to be ironed out.

Last weekend, 76 main roads had to be closed, seven of which were motorways and major stretches and did not include smaller municipal roads.

Many schools, especially north of the Tagus, had to be closed due to the freezing temperatures, ice, snow and rain.

In central Portugal, 41 schools were forced to close their doors during the height of the bad weather, as were schools from 23 different regions in Northern Portugal.

Behind the unusually cold weather that is causing chaos across Europe is an anti-cyclone – normally associated with good weather – which has stagnated over Scandinavia and pushed the characteristically arctic weather from that region south, to Northern Europe and beyond.

At the same time a depression found over the Atlantic, bringing bad weather but yet with warmer air from the west, colliding with the cold air already here, thereby causing unprecedented problems across Europe in recent times.

Thousands of flights were grounded, public transport was badly disrupted, thousands abandoned their vehicles, entire towns ground to a halt and villages were cut off by the snow. In some places in the UK people panic-shopped for what they expected was to be an extended period of time snowed into their homes.

In Portugal, the heavy rains and strong winds did not go without causing their fair share of damage, having resulted in landslides, the disintegration of old buildings, the destruction of publicity hoardings and road signage, and widespread flooding. Faro Airport was particularly affected by floods on December 27th when passengers were shocked by what they described as a "waterfall" of water pouring though the airport's roof in both the departure and the arrival terminals.

Castel Branco in central Portugal was one of the hardest hit regions this week by the extreme weather. Schools were closed in the area and severe disruptions were caused on major roads as 15 cm of snow was recorded on Monday, the most in almost half a century. (Photo: Lusa/António José)

Hundreds of Portuguese locations nominated as 'Natural Wonders'

Hundreds of different locations from north to south of mainland Portugal, Madeira and the Azores, have been nominated as candidates to become one of Portugal's 'Seven Natural Wonders'.

The official list of places that can be voted upon was made public last Thursday in Lisbon.

Organisers of the project New 7 Wonders of Portugal, have dodged giving the specific number of valid applications, but confirmed the number was in "the hundreds".

After assessing some 800 locations, a whittled-down list of final candidates was released this week.

The competition takes into account 'Marine and Non-Marine Aquatic Areas, Caves and Grottoes, Beaches and Cliffs, Forests and Countryside, Large Landscapes (which includes mountains, valleys, mountain ranges and rock formations, amongst others) and Protected Areas'.

According to the '7 Natural Wonders of Portugal' website, Large Landscapes was one of the categories with most valid applications, amongst which were Zêzere Glacier Valley (Manteigas), the Marvão and São Mamede mountain ranges (Portalegre) Pedras Parideiras (Arouca, Aveiro) and Pedra Bolideira (Chaves, Vila Real).

The river Vez (Arcos de Valdevez) and the Fisgas de Ermelo (Mondim de Basto) and Portas do Vale do Almourão (Proença-a-Nova) natural formations are also in that category.

Non-Marine Aquatic Areas the Óbidos Lake, Alvor Ria (Portimão), and the rivers Mouro (Monção), Alva (Moura Morta, Poiares), Douro (Peso da Régua) and Paiva (Arouca).

The category also comprises the Cabreia Waterfall (Sever do Vouga), Fraga da Pena (Arganil) and Sapal do Rio Coina (Barreiro).

Marine areas include Berlenga Island and the 'Onda dos Supertube Wave', on the Ondas do Supertubo beach, in Peniche.

Many beaches, cliff tops, forests and parts of Portuguese countryside have been put forward to become one of Portugal's 'Seven Natural Wonders'.

After the final list has been announced a panel of 77 specialists will elect 77 official candidates (11 places per category) which will be revealed on February 7th.

One month later, on March 7th, 21 finalists (three per category) will be announced and submitted to a public vote open until September 7th.

The final 'Seven Natural Wonders of Portugal' will be announced in September this year, after the public vote.

Recent rainfall ensures bountiful water supplies

Due to the amount of near incessant rain that fell during the latter half of December, weather experts are predicting that 2010 should run its course without droughts, water shortages or restrictions, even in the height of summer.

For the past ten months Portugal has been registering below-average water resources, leaving the country in a position of technical drought between March and November last year. During that period, 29 percent of national territory was classified as experiencing "severe drought".

However, that ended with the heavy December rains, leading the National Water Institute (Inag) to assure this year there will be no restrictions placed on water usage.

"Any possible restrictions on water usage during 2010 have been dismissed", Orlando Borges, President of Inag, said.

He assured the public that, even during summer, there will be no restriction on water usage in the fishing or farming industries, for electricity production or to public supplies.

Moreover, the possibility of a drought in Portugal this year has been totally cast aside thanks to the rain that fell in the past two months, particularly in December, when reservoirs across the country reached their fullest in recent times.

In the latest newsletter posted by Inag, relative to the month of December, it was revealed that 24 of the country's 56 water deposits are currently at over 80 percent full, surpassing the highest average of the past two decades.

"But the fact that we have said there will be no restrictions imposed this year does not mean the Portuguese should not use water resourcefully", Orlando Borges warned.

Adérito Serrão, president of the National Met Office (IM) said: "A drought situation has disappeared from almost all of the country, with just a few slight drought-affected areas remaining in some parts of southern Portugal".

He described the amount of rain that fell in December as "unusual" and "out of the ordinary for the past 30 years".

"In December we had abnormal rainfall of 70 millimetres and in some parts of the country it was 200 percent more than the average for the past 30 years", Adérito Serrão added.

Predictions for this month are that the rain will continue, with low temperatures and instability regarding the weather, though the sun should finally make a more permanent appearance starting this weekend.

Dinner-time attack on British family home puts Algarve violent crime at new level

In recent months, crime in the Algarve has become an international concern following numerous domestic robberies targeting mostly middle-aged to elderly couples living in isolated areas, and in which the level of violence has reached unprecedented levels, with criminals no longer waiting to swoop on houses when their occupants are out.

The three Romanian men pictured here outside a Loulé court in 2006 shortly before they were sentenced to 22 years in jail for killing a British man in his home during a robbery in 2005. A fourth assailant was never caught, and it is believed he might be involved in the recent crime wave in the area. (Photo: Lusa/Luís Forra)

An attack on another foreigner's home, in the Sobradinho area of Loulé, has pushed this aggression to new heights after a family of four, including two children, were targeted at dinner time.

Two children, aged 12 and 13, were involved in what is now the seventh violent domestic robbery on a private home in five months.

According to reports the children were threatened with a knife and locked in a bathroom while the assailants brutally attacked their parents before making off with credit cards, game consoles, jewellery, clothes, photographic and video cameras, and cash.

It is believed the four assailants gained access to the property via a window that they broke for the purpose at around 19h20, as the British family – who remain unidentified – prepared to eat dinner.

Pepper spray was used to subdue the family, the two adults being assaulted with batons and crow bars as the children were locked in the bathroom. Both adults suffered injuries to their heads and faces.

After the attack, the thieves tried to flee in the family's car but failed to break into the garage. They instead made their getaway in their own vehicle, in which a fifth member of the gang was waiting.

It is thought the assailants were a mixture of Brazilians and Eastern Europeans.

Of the several increasingly violent incidents to occur in the Algarve the majority have happened in the Loulé area. In recent years, at least three brutal domestic robberies, including this latest incident, have occurred in the Sobradinho area.

Just last month a German couple, Mr and Mrs Schröter, aged 67 and 66 respectively and who had lived in the Algarve for 10 years, abandoned Portugal following a violent raid that took place at their villa in Poço Geraldo, Loulé. During the raid they were held hostage, 'barbarically' assaulted, and robbed by four hooded men also believed to be foreigners.

Over the past few years crimes reported by residents from the Poço Geraldo, Vale Telheiro and Sobradinho do Alfeição areas of Loulé, which comprise mainly luxury villas inhabited by foreigners, have rocketed.

The first and most serious to date took place also in Sobradinho, in April 2005. In an attack of extreme violence that shook the Algarve, ex-pats John and Helen Turner suffered a nightmare ordeal carried out by four Romanians on their idyllic Loulé hilltop property in Sobradinho do Alfeição. While his wife managed to escape, Mr. Turner died during the ordeal in which both he and his wife were brutally assaulted.

The four men, all foreigners, gained access to the British couple's villa by forcing entrance with a crowbar through a back door

At the time police were evasive in confirming details of the burglary or the manner in which the man's death occurred, but in comments to **The Portugal News** back then neighbours claimed crime levels in the Loulé region had reached such an extent they were living in a constant "state of terror and fear".

Ironically named Casa da Paz ('House of Peace') the property is located less than one kilometre from the Schröter's villa.

Three Romanian men were eventually arrested and jailed for the attack, each condemned to 22 years in prison.

The fourth assailant was never caught.

Currently, police are awaiting DNA results from a suspect believed to be responsible for a recent violent crime carried out on an elderly Swiss Couple at their home, Quinta Rajan, in Almancil, in October.

A 77-year-old Swiss woman was raped during the raid.

Should it prove a match, the DNA may link the suspect to the Turner case.

Last year several violent attacks on foreign home-owners made national headlines, rounding up what have been a bleak few years for personal safety in the Algarve.

In September alone, as well as the attack on the Swiss couple, four men broke into the home of a foreign woman in Goncinha, Loulé, and threatened to cut off her fingers.

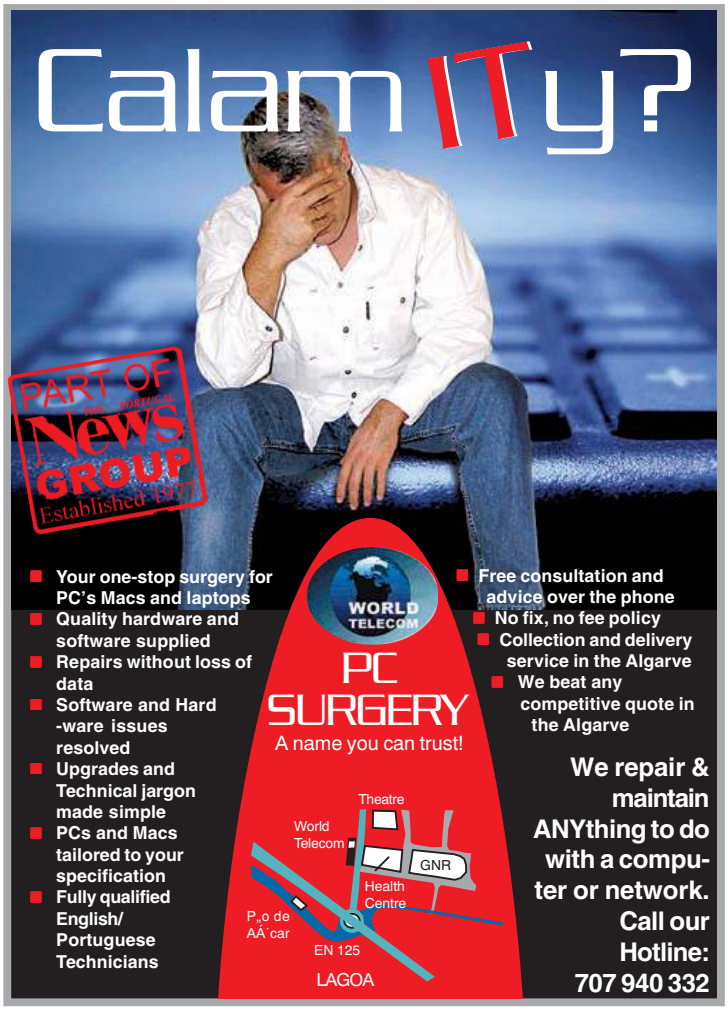
Before that, that same month, on September 22nd, three assailants beat, tied up and robbed a British couple in their home in Alvor.

Three of those assailants have since been arrested.

Foreign residents of the Sobradinho area of Loulé have now taken matters into their own hands by purchasing equipment that allows the partially isolated villas that make up the small community to communicate with each other.

Nevertheless, the general sense is that, despite choosing the Algarve to retire to, owners of luxury, isolated villas in affluent areas of the region such as Loulé are now living in fear.

In another related incident, last week a foreign home-owner also from the Loulé area returned from New Year's Eve celebrations to find his home had been ransacked. Days before, on December 29th, a Dutch priest was attacked in his Albufeira villa while he was sleeping.



Portugal agency studying Haitian quake assistance call

Portugal's National Civil Protection Authority (ANPC) was making preperations after a request for international assistance from Haiti after a huge earthquake rocked the Caribbean island killing hundreds, officials said.

The ANPC has already sent search and rescue teams to aid victims and survivors of earthquakes in Algeria and Iran in 2003, Morocco in 2004 and also deployed teams to help deal with the aftermath of the 2004 Southeast Asian tsunami.

Meanwhile, it has not been possible to contact around 12 Portuguese citizens known to be in Haiti, where hundreds are feared dead in a huge earthquake, a diplomat said Wednesday.

Cuba-based Ambassador Luis Barreiros, also with responsibility for Haiti, told the Lusa News Agency around a dozen Portuguese are in Haiti. But lack of communication with Haiti means it has not been possible to contact any of these Portuguese, added the diplomat.

TPN/Lusa

People carrying a victim in Port-au-Prince, Haiti, after a 7.0 magnitude earthquake struck about 10 miles (15 kilometres) southwest of Port-au-Prince, Haiti. (Photo: EPA/Radioteleginenhaiti.com)

Luxury Alentejo hotel amongst world's top 500

A luxury hotel in Évora, the Hotel Convento do Espinheiro, is the only Portuguese establishment to be included in a ranking of the world's 500 best hotels compiled by the north-American Travel and Leisure magazine.

Converted from a 15th Century building classified as a National Monument, Hotel Convento do Espinheiro is a five-star 'Luxury Collection Hotel & Spa' now internationally recognized thanks to the recent '500 World's Best Hotels 2010' listing. It is the only Portuguese establishment to feature amongst the top 500.

The ranking was established from readers' votes, of which the Convento do Espinheiro obtained 87.50 points out of a possible 100.

Taking first place on the list was Bushmans Kloof Wilderness Reserve and Wellness Retreat, in South Africa, having achieved a total of 98.67 readers' points out of 100.

Speaking to Lusa news agency, the Hotel Convento do Espinheiro's director Dinis Pires said "It is recognition of the hotel's quality and the quality of its services, as well as the work we have been doing with the northern-American market, in conjunction with intensive investment over the past few years".

Dinis Pires also claimed that the coverage and publicity the hotel gained through Travel and Leisure's '500 World's Best Hotels 2010' listing put it in great demand with the northern American market, which he says has since become the unit's main market.

It is also further acclamation for a part of Portugal that was once greatly overlooked as a tourist destination but is now one of the country's most promising regions.

Last year the Alentejo enjoyed its most successful year ever in terms of tourism and demand.

Speaking to **The Portugal News** in October last year António Ceia da Silva, President of the Alentejo Regional Tourism Entity (ERT Alentejo) said: "We are enjoying our best year to date". "We have had an overall rise of 22 percent in terms of occupancy figures, which rose to 23 percent in August. Overall intake and revenue also increased significantly, meaning this year the Alentejo has grown in every sense".

Located just two kilometres from Évora city, Hotel Convento do Espinheiro comprises 82 rooms, 10 suites, a Spa, conference rooms, interior and exterior swimming pools, tennis courts and several gardens.

It also boasts a gourmet restaurant, located in the convent's old wine cellar.

The hotel was created from a converted convent, Convento de Nossa Senhora do Espinheiro, which was originally built in 1458 following a decision by the then bishop of Évora, D. Vasco Perdigão, with the support of the Royal Family and D. Afonso V.

Over the centuries it has provided accommodation to many monarchs and high-profile visitors.

Loulé's mega retail outlets to be built on "predominantly" agricultural land

Two large hypermarkets planned for Loulé, an IKEA store and an Auchan shopping centre, are to be built on agricultural land where construction is permitted, it has emerged, and where the percentage of National Agricultural Land Preservation (RAN) is minimal, quashing accusations they were to be built on protected land.

Loulé Mayor Seruca Emídio said that there are two possible sites on which the large commercial establishments could take shape. IKEA is believed to be being constructed between Loulé and Faro, while Auchan, which owns Jumbo supermarkets, will be located between Loulé and Quarteira.

This has emerged following accusations from environmentalist group Quercus, which accused the giant Swedish firm IKEA of wanting to build a store in Portugal on RAN-classified land.

Seruca Emídio clarified the issue by explaining to news agency Lusa that both commercial areas would be built on "predominantly agricultural" land, where the percentage of RAN coverage is "minimum".

"Of the 40 hectares, only 10 or 15 percent will be affected by RAN restrictions". It is not possible to build on land classified as RAN.

He said, about both projects, "environmental issues will be easily overcome". Both will entail an alteration to the Municipal Directory Plan (PDM) regarding the "usage of land".

According to Mayor Emídio IKEA is expected to take shape in the Alfarrobeira area, between Loulé and Faro, near the Parque das Cidades football stadium.

Auchan's establishment will be located in the Industrial Area between Loulé and Quarteira, near the old Unicer factory.

Seruca Emídio reasoned, "There are positives and negatives to both locations".

The Auchan project, named 'Alegro Algarve', has been described as boasting a contemporary architecture and will cover 40 hectares, comprising a theme park and a leisure area.

Twenty percent of the space will be dedicated to what the group describes as 'genuine commerce', for local artisans who produce regional arts and crafts.

Some €400 million has been invested in the Auchan project, which is believed to be creating around 4,000 direct jobs.

It has been reported that a source close to the project said the Group would like to integrate IKEA into the development, but should that not be possible, it would incorporate IKEA's competitor, the Mollier group.

Swedish chain IKEA announced on December 10th last year that it intended to create a store and an IKEA Inter shopping centre in Loulé, representing an investment of over €200 million and confirming reports that had been emerging months prior to the announcement.

Around 3,000 jobs will be directly created with the establishment of an IKEA store and shopping centre in the Algarve, which was once declared would be the largest in Europe.

News of IKEA's eagerness to invest in a region which has been amongst the hardest hit by unemployment was received with applause when it was confirmed last month.

Final planning permission for the store is being issued.

"IKEA can confirm its intention to open an IKEA store and an Inter IKEA shopping centre in Loulé", a statement released by the company explained last month.

The Commission for Regional Coordination and Development (CCDR) confirmed earlier that month that IKEA had lodged a "viability request" for the building of a store in the Loulé district.

The IKEA Group's expansion plan for Portugal foresees a total investment of around €660 million through the opening of seven IKEA stores. Three will be in the Greater Lisbon Area, two in Oporto, one in the south and another in Coimbra.

Loulé Mayor Seruca Emídio also issued a warning to those who might oppose IKEA's plans to open a store in Loulé, saying he had received confirmation from Sweden that if the store was not permitted in Loulé, it would be built in Spain.

In an interview with **The Portugal News** last year, the Mayor said that his city, comparatively speaking, has few shopping areas and centres, but pledged that "this is going to change".

However, he said he was intent on bringing quality to the region and will not repeat the mistakes of other cities in the Algarve.

"We will not accept the first request to build a shopping centre that comes our way. But we will definitely have a major centre in Loulé in the foreseeable future", he pledged.

In 2008 IKEA opened up its largest store in Europe in Matosinhos (the Oporto region).

Visitors to this centre, which promises to resemble plans for the one in the Algarve, are not limited to furniture shopping, as Mar Shopping in Matosinhos also boasts seven cinema theatres, 5,100 parking spaces and a leisure area with 1,250 seats, all of which have views of the Atlantic Ocean.

A Very Taxing Year - Part 1

As this is my first article in the Portugal News this year I thought it was a good opportunity to review a key financial theme of 2009; one which will continue through 2010 – taxation.

2009 was a year of what seemed like relentless news on the crackdown on offshore banks and tax evasion; national budgets in deficit (due in no small part to falling tax revenues) and proposals for tax increases.

February – Swiss bank UBS agrees to a $780 million payout in fines to the US to settle a claim that it helped approximately 17,000 US taxpayers escape paying US tax.

March – Several Offshore Financial Centres (OFCs) announce they will co-operate with the Organisation for Economic Co-Operation and Development's (OECD) principles on exchange of information concerning tax matters.

Switzerland also agrees to relax its secrecy rules and divulge more information on suspected tax evaders. It is hailed as "the beginning of the end of tax havens".

In the US, a second Stop Tax Haven Abuse Act is launched in an attempt to halt the $100 billion a year lost due to offshore tax abuse.

April – At the G20 Summit in London world leaders declare that "the era of banking secrecy is over" and vow to take action against non co-operative jurisdictions.

Credit Suisse starts closing down the offshore accounts of US clients who have not declared them to the US authorities.

The UK Budget on 22nd April a 50% income tax rate for high earners.

May – France sets up a voluntary disclosure facility.

June – France announces a measure requiring its banks to disclose information regarding their links to tax havens.

The Isle of Man announces the end of banking secrecy for EU residents from 1st July 2011.

July – HM Revenue & Customs (HMRC) confirms details of the New Disclosure Facility (NDO), to give offshore tax evaders an opportunity to bring their affairs in order and avoid the high penalties they would face when eventually caught.

August - The UK Tax Chamber of the First-tier Tribunal orders 308 UK and overseas banks to give details to HMRC about customers who hold offshore accounts.

UBS agrees to hand over the names of 4,450 of its US customers to the US government.

France secures a list of 3,000 citizens holding about €3 billion in Swiss bank accounts that authorities suspect have not been declared.

The UK signs a landmark voluntary disclosure deal with Liechtenstein.

September - The UK's NDO starts on the 1st.

Italy launches its third amnesty in eight years.

The Spanish 2010 Budget contains almost €11 billion in proposed tax increases. The French Finance Bill for 2010 also contains a raft of tax initiatives to generate €3 billion additional tax revenue.

The OECD reports that over 90 new Tax Information Exchange Agreements have been signed since April.

October - The French government says that French banks will close all branches in jurisdictions considered to be tax havens from March 2010.

Italy's financial police raid 76 local branches of Swiss banks in a mounting crackdown on tax evasion.

The National Institute of Economic and Social Research in the UK suggests that a 7% rise in the rate of personal income tax is needed for the country's debt burden to be brought to more acceptable levels.

November – The US government announces an unprecedented response to its voluntary disclosure scheme.

HMRC extends the deadline for its NDO to 4th January.

December - The UK Pre-Budget Report doubles the potential maximum penalty for offshore tax evasion to 200% of the unpaid tax. HMRC will have to be informed of bank accounts opened in certain jurisdictions. The Chancellor also increases national insurance contributions for those earning over £20,000; freezes the personal allowance and income and inheritance tax thresholds and extends the higher-rate tax relief restrictions to catch those earning over £130,000.

What next?

We can expect to see further taxing times ahead as governments step up efforts to reduce their deficits, both by increasing taxation and by cracking down on tax evasion.

In spite of all this, tax planning is still alive and well. But while you may want to reduce your tax bill, the solution is not to 'hide' your money from the taxman - it is only a matter of time before everyone evading tax will get caught. Why take the risk when there are tax protected investments which legitimately avoid tax without having to hide it? Seek professional advice from an experienced tax and wealth management firm like Blevins Franks to ensure your get your tax planning right.

by Bill Blevins, Financial Correspondent, Blevins Franks

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Euro counterfeiting down in 2009

In 2009, the number of counterfeit euro coins removed from circulation was 172,100, down from 195,900 the year before. This second consecutive decrease confirms the action to render euro coins safer for users. Similarly, Portugal also recorded a drop in counterfeit notes of around 14 percent last year.

Although encouraging, there is no room for complacency and efforts to remove counterfeits from circulation should be maintained and intensified, the European Commission said upon revealing these figures.

A Commission proposal presented in 2009 and currently being discussed in the European Parliament and Council aims to further improve the fight against euro coin counterfeiting.

The number of counterfeit euro coins removed from circulation in 2009 decreased by 12 percent compared with the year before.

However, where the number of 2-euro counterfeits decreased by almost 18 percent, the number of 50-cent and 1-euro coins continued to increase, by nine and eight percent, respectively. The 2-euro denomination remains by far the most counterfeited euro coin, representing almost three out of every four counterfeit euro coins.

In Portugal, close to 12,000 counterfeit notes were seized last year, with the 50-euro note the most popular amongst fraudsters.

The Commission considers that counterfeit euro coins are not, however, a significant cause of concern for the public.

Indeed, the overall number is very small by comparison with the total number of around 15 billion genuine euro coins in circulation of the three highest denominations, with a resulting ratio of 1 counterfeit for every 89,000 genuine coins.

The number of detected counterfeits is also lower than the sum of counterfeit coins in the Euro area countries before the introduction of the euro. These counterfeit coins, while increasingly sophisticated, will generally be rejected by properly adjusted vending and other coin-operated machines.

An Italian carabiniere shows the forged Euro banknotes, for the total amount of €25,000, seized in the biggest discovery - according to police - of forged Euros in Italy. (Photo: EPA photo ANSA / Maurizio Brambatti)

Azores and Madeira get €37m airport boost

The European Investment Bank (EIB) has granted a EUR 37 million (USD 53 million) loan to SATA Air Açores (SATA) for the acquisition of four turboprop aircraft to provide inter-island transport services within the Azores archipelago, replacing the same number of older aircraft.

In the words of EIB Vice-President Carlos Da Silva Costa, "This project, while improving fuel efficiency, is essential to secure the people of the islands' mobility and provide easier access to public services in the region.

He added that it is crucial to ensure territorial and social cohesion at regional level, paving the way for the sustainable development of an ultra-peripheral European region, which means that this project will strongly contribute to economic and social cohesion within the EU and help meet the Bank's and EU's policy priorities.

SATA's Chairman, António Menezes, meanwhile said: "We are delighted by the EIB's decision to grant SATA Air Açores a loan on favourable terms."

The aircraft will be operated by SATA from its home base at Ponta Delgada (Azores) on essential public services within the Azores and Madeira islands as well as on services to the Canary Islands in Spain.

In the Azores archipelago, the only alternative mode of transport to inter-island aviation is maritime transport – an unattractive alternative, in particular for passenger transport, due to the relatively long distances and rough waters.

Air transport plays a vital role in ensuring basic access to education and health services across the islands. The high geographical fragmentation of the archipelago, combined with low population density, means that many health and higher education services are concentrated on the islands of São Miguel and Terceira, making much of the population reliant on air transport to access them.

The new aircraft will replace less fuel efficient aircraft and will complete SATA's fleet modernisation, which became necessary due to the age and low technological level of the current fleet.

The EIB is the EU's long-term financing institution promoting European objectives. Created in 1957, it operates in the 27 EU Member States and more than 130 countries worldwide. EIB financing operations are mounted within the framework of well defined EU policies.

Improving transport networks and services is a Community priority owing to their importance in fostering the EU's economic and social integration, the free movement of people and goods and the development of the Union's less advantaged regions.

In the Name of Allah

In the late 80s, when I was in the Eastern Province of Saudi Arabia, a friend suggested that I drive out into the desert near Jubail to see the oldest extant Christian church in the world. And there it was, surrounded by a chain-link fence to keep casual visitors and foreign archaeologists out. Experts who saw the site before it was closed said that the church was built by Nestorian Christians, and was probably used from the 4th to the 9th century.

Malaysian muslims protest against a court ruling allowing Christians to use the word Allah outside the Kampung Baru Mosque after friday prayer in Kuala Lumpur 08 January 2009.Three Malaysian churches were attacked 08 January with firebombs, while at least two others received threats by phone, ahead of a Muslim protest against a court ruling allowing Christians to use the word Allah, church leaders said. Several Muslim groups gathered at three major mosques around the capital to protest a High-Court ruling last week that allowed the Herald, Malaysia's main Roman Catholic newsletter, to use Allah, which is the Arabic word for God. The government had ruled last year that the word could not be used in non-Muslim publications. (Photo: EPA/Ahmad Yusni)

Its existence embarrassed the Saudi government, which prefers to believe that Arabia went straight from paganism to Islam. But it confirmed the assumption of most historians that Christianity was flourishing in the Arabian Peninsula in the centuries before the rise of Islam. So what did these Arabic-speaking Christians call God? Allah, of course.

I mention this because last week the Malaysian High Court struck down a three-year old ban on non-Muslims using the word Allah when they speak of God in the Malay language. The court's decision was followed by firebomb attacks on three Christian churches in Kuala Lumpur on Thursday night, and on Friday protesters at mosques in Kuala Lumpur carried placards reading "Allah is only for us."

Prime Minister Najib Razak condemned the attacks on the churches, but he supports the ban on Christians using the word "Allah" in Malay and is appealing the High Court decision.

"We...have the right to use the word 'Allah'," said Rev. Lawrence Andrew, the editor of the Herald, the newspaper of the Catholic Church in Malaysia, whose use of the word in its Malay-language edition triggered the crisis. Parliamentary opposition leader Lim Kit Siang simply observed that "The term 'Allah' was used to refer to God by Arabic-speaking Christians before Arabic-speaking Muslims existed."

Of course it was. Arabic-speaking Christians predate the rise of Islam by three hundred years, and what else were they going to call God? The word "Allah" is a contraction of the Arabic definite article al- and the noun 'ilah, which means god. In parts of ancient Arabia it once referred to the creator-god (who was not the only god), but for a very long time it has meant the One God.

This Arabic word was imported into the Malay language by converts to Islam, which arrived in the region several centuries before Christianity. All ethnic Malays are considered to be Muslim under Malaysian law, but there are numerous Malay-speakers, especially in northern Borneo, who are Christian and not ethnically Malay. They also use the word Allah for God.

What's the harm in that? Why are Malaysia's Muslims so paranoid? The real paranoia, alas, is ethnic.

Malaysia is an ethnic time-bomb that has turned itself into a peaceful and prosperous country by a huge effort of will. The original population was mostly Malay, but under British rule huge numbers of Indian and Chinese immigrants were imported to work the mines and plantations. By independence, Malays were only 60 percent of the population, and much poorer than the more recent arrivals. They resented the past, the present, and the probable future.

After several bouts of savage anti-Chinese and anti-Indian rioting, the country arrived at its current, highly successful compromise. The Malays dominate politics, but the Chinese and the Indians thrive in trade and commerce – and most people understand that they are ultimately in the same boat, which is called Malaysia.

The state spends a lot of money to raise the living standards of the Malays, and gives them preference for university places and government jobs. They haven't done badly out of this deal, but nevertheless they feel perpetually insecure. Since they are all Muslims, while few other Malaysians are, they also feel their religion is under threat. Some respond by being aggressively intolerant of minorities.

Not all Malays behave this way. Major Muslim organisations, including the Islamic political party, PAS, have agreed that the other "Abrahamic religions" – Christians and Jews – may call their God Allah in Malay. But it's getting ugly, and it's high time for the Malaysian government to stop playing along with the extremists.

It should take a lesson from the early Muslims of Arabia. Both the archaeological and the textual evidence suggest that most Arabs in northern Arabia and along the Gulf coast had already been Christian for several centuries when Islam first appeared in the 7th century. They were swiftly conquered by Muslim armies, but they were not forcibly converted.

As in all early Islamic empires, Christians had to pay higher taxes, but they were allowed to keep their property and practice their religion. It is highly improbable that they were forced to change the word they used for God. They did gradually convert to Islam, but the last Christian churches in the region probably survived into the early 9th century.

The Christians, Hindus, animists and others who make up 40 percent of Malaysia's people pay higher taxes, in the sense that they subsidise the poorer Malay/Muslim majority. Few of them will ever convert to Islam, but they are not its enemy either. Malaysia has achieved a fragile but workable compromise that gives its people a good life. It should not endanger it so frivolously.

Reference on Christians in 4th-7th century Arabia, a scholarly article by John A. Langfeld, "Recently Discovered Early Christian Monuments in Northeastern Arabia," published in Arabian Archaeology and Epigraphy, 1994: 5: pp. 32-60. It is available online (Wiley InterScience), but you have to pay to view it.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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NEWS IN BRIEF

Portugal suffers €80mn bill in December storm damage

Storms at the end of December cost the Portuguese government and city halls more than a total of €80 million in damages, without counting state aid and damage to private property, according to figures gathered by the Lusa News Agency. The hardest-hit zone was the area immediately west of Lisbon, where local governments suffered about €63 million in damages.

Facebook plays second fiddle to Hi5

Portugal and Romania are the only European counties where Hi5 outstrips Facebook as the most widely used social networking tool, according to a study. The interactive World Map of Social Networks, compiled by Italian digital marketing expert Vincenzo Cosenza, shows Hi5 also beats Facebook in Mongolia, Thailand and Peru.

Mozambique airline to launch Portugal flights

Mozambican national carrier LAM plans to begin operating to Portugal in the first half of this year, company sources said earlier this week.

Camões Institute has €33mn for language programmes abroad

Portugal's overseas cultural agency will have a budget of €33 million for Portuguese language programmes abroad during the current academic year, a senior official said. António Braga, the state secretary for communities, told parliament's foreign affairs and communities commission that the Camões Institute's overseas language programmes could also count on financing from the €30 million Portuguese Language Fund recently established by the Lusophone CPLP bloc. He said Lisbon planned to extend its overseas language programmes to the United States and Canada next year.

Portugal represented by FM at presidential inauguration

Portuguese Foreign Minister Luis Amado travelled to Mozambique this week to attend the swearing in of President Armando Guebuza and also hold talks with Maputo officials and the former Portuguese colony's main cooperation partners, officials said. While in Maputo to participate at Thursday's inauguration of President Guebuza, Portugal's top diplomat to meet representatives from the African Union, West Africa's ECOWAS, the British Commonwealth, SADC, the IMF and World Bank, a Lisbon Foreign Ministry source informed Lusa.

Portugal's BPG shareholder in new Cape Verde bank

Banco Portugues de Gestao (BPG) will hold an initial 10% stake in a new Cape Verde bank that will start up with share capital of around €2.8 million, the island's media has reported. The new bank has yet to be named and has been created through an accord between the Praia authorities, who will hold 5% of shares, with BPG to provide banking services for low-income citizens and micro-firms in a bid to alleviate economic exclusion.

Business internationalisation key 2010 objective for AEP

The AEP business association has made the internationalisation of Portuguese companies a "priority objective" for 2010, the organisation's vice-president said. Paulo Nunes de Almeida told Lusa the Associação Empresarial de Portugal (AEP) would organize six trade fairs in Angola and sponsor 35 other export support "actions" on four continents during 2010 as part of its strategy. Beyond Angola, the Dubai, Russian and Brazilian markets would be prime AEP targets, he said.

Biggest IT retailer expanding to Africa, Madeira and Azores

Chip7, Portugal's largest computer retail chain, is expanding its business this year to Angola, Mozambique and Cape Verde in Africa and Portugal's autonomous regions of Madeira and the Azores, the company's founder said. Miguel Monteiro, also Chip7's majority shareholder, told Lusa he expected to conclude master franchise contracts in the three African Lusophone states and the two Portuguese Atlantic archipelago by the end of this year.

EP Commission to hear Portugal's central banker on ECB post bid

Bank of Portugal Governor Vítor Constâncio was to be questioned informally by the European Parliament's Economic and Monetary Affairs Commission at the end of this week on his bid for a vice-presidential post at the European Central Bank. A parliamentary source told Lusa the meeting would be "informal and held behind closed doors". Two other candidates for the ECB post will be questioned by the commission the same day, the source said. A formal hearing will likely take place next month after EU finance ministers present a definitive list of candidates. The European Parliament issues non-binding findings on the candidates.

Martifer to build Africa's two biggest solar power farms this year

Portugal-based Martifer Solar will build two solar power farms with a combined capacity of 7.5 Megawatts on Cape Verde's Santiago and Sal islands this year. The company said in a press release Wednesday that the €30 million projects, Africa's biggest ever photovoltaic energy farms, would be ready for operation within seven months. The solar farms, commissioned by the Cape Verdean government, will avoid 13,000 tons of carbon emissions annually, the company said. *TPN/Lusa*

Suspected ETA terrorists placed in preventive custody

A judge has ordered the preventive custody of a Spanish couple arrested in Portugal on suspicion of belonging to the Basque separatist organisation ETA.

The couple's defence lawyer announced the judge's decision late on Monday, saying Garikoitz Garcia Arrieta was suspected of car theft and terrorism and his partner, Iratxe Yáñez Ortiz de Barron, of falsifying documents and belonging to a terrorist group.

Spain has requested the pair's extradition within the next 30 days.

The couple were arrested separately on Saturday in the north-eastern Portuguese town of Torres de Moncorvo after fleeing across the border following a Spanish police road check that found Garcia Arrieta driving a van filled with explosives and weapons. *TPN/Lusa*

Spanish Civil Guard hooded agents carry boxes after searching the family house of alleged ETA member Iratxe Yanez, on 11 January 2010 in Vitoria, Basque Country. Iratxe Yanez was arrested with another alleged ETA member 9 January in Portugal after they spedaway in a Police vehicle when their France-registered van was halted at a road check near the Spanish border with Portugal. (Photo: EPA/David Aguilar)

Portugal awaits EU nod on airport full-body scanners

Portugal has said it would wait for the EU's 27 state members to reach a common agreement on the possible introduction of full-body scanners at European airports, a decision which in fact depends on an agreement between the European Commission, its state members, and the European parliament.

Several European countries including the UK, Holland and Italy have already publicly supported the introduction of such scanners, which use a virtual system to detect objects underneath passengers' clothes and give a detailed outline of the body.

But Germany and Spain have shown a more reserved stance.

The EU's presidency, currently under Spanish leadership, has said the 27 state members should reach a mutual agreement, an opinion shared by the Committee for Civil Aviation Safety, a group consisting of leading European air transport experts.

Specialists have voiced concerns about the technology as Gilles de Kerchove, Europe's anti-terrorism coordinator, defended the need to introduce the equipment, but opposed a "generalized" use of the scanner.

"We will not necessarily be using the devices on all passengers of all flights. We can choose just some flights", he explained in a recent interview with *Financial Times Deutschland*.

Gilles de Kerchove said he believes a "quick decision must be made" and highlighted the need to invest in personnel training as well as in terrorism prevention programmes.

It is not the first time the introduction of so-called 'digital-stripping' technology has been debated in Europe.

In 2008 a proposal was rejected by the European Parliament in which it claimed the machines invaded passengers' personal privacy and allowed the technicians to see, for example, if someone has had silicone breast implants.

The high costs of running the equipment as well as concerns regarding maintenance of the scanners were other main issues that lead to the scanners' initial rejection two years ago, as each machine was estimated to entail an expenditure of at least €100,000.

Meanwhile, specialists from around the globe have voiced their doubts concerning the equipment.

In the USA various experts have already questioned the many security measures introduced as a result of the September 11th terrorist attacks in 2001, and which have so far tallied up a bill of over $40 billion (€28 billion). But according to Andrew R. Thomas, director of the *Journal of Transportation Security*, "Most of these measures have had little or no impact on reducing risks to the system".

One of Portimão's oldest, most notorious areas, near the 'Old Bridge'.(Photo: The Portugal News)

Portimão Town Hall demands emergency measures

Portimão Town Hall executives have demanded that the Faro Civil Government comes up with 'emergency measures' to tackle crime in one of the oldest areas of the city after some 40 concerned residents told of incidents they had experienced in a meeting held specifically to address the issue.

Town Hall executives also guaranteed they would close down any establishments in that area that aggravated the feeling of unease or caused problems for the general public.

Two establishments have been highlighted as the "main causes of insecurity, with excessive noise and disturbances caused by its patrons, who contribute to the trafficking and consumption of drugs in the area".

In September 2009 Portimão Town Hall asked the local police force to carry out more "energetic intervention" in that area due to the rise in insecurity brought on by a noticeable increase in drug trafficking and consumption.

However the Town Hall claims the first action carried out in the area was "inefficient, with the residents protesting their anger at the alleged passiveness of the security forces".

In order to obtain a definite intervention policy "capable of resolving the problem once and for all", the Town Hall has asked Faro's Civil Government to intervene with urgency and schedule a meeting with the security forces.

Meanwhile, the Town Hall also guaranteed it will close the establishments that have been identified interfering with public order and public health.

December occupation rates down

In comparison to the same month of 2008, December 2009 showed a drop of 4.7 percent in terms of global average occupancy per room according to the Algarve's main tourism association, AHETA, Algarve Association for Hotels and Tourist Resorts.

Overall occupation in the Algarve during the past month of December was 27.8 percent, somewhat less than twelve months ago.

According to AHETA's figures, the most noticeable absence of visitors was in Lagos and Sagres, with a drop of 18 percent in occupation in comparison to December 2008, Monte Gordo and Vila Real de Santo António (-15.4 percent), Tavira (-13.9 percent) and Albufeira (-11.1 percent).

However, in some areas slight increases in occupation were recorded, namely in the regions of Vilamoura, Quarteira and Quinta do Lago (otherwise refereed to as the 'Golden Triangle) with a rise of 21.5 percent in relation to 12 months earlier, and in Portimão/Praia da Rocha, where occupancy grew by 13.4 percent.

It was in Faro and Olhão where hotels were busiest, with a 33.5 percent occupancy average, while Lagos and Sagres showed the poorest outcome, with an occupancy rate of only 15.8 percent.

In terms of nationalities the British market suffered the greatest drops in figures, with 21.4 percent fewer UK visitors to the region.

German visitors fell by 3.4 percent, while Portuguese visitors to the Algarve grew by 12.1 percent.

Most positive is the Spanish market which grew by 30 percent regarding occupancy in the Algarve in December last year, in comparison to December 2008.

Overall sales for December 2009 in the Algarve fell by one percent, in comparison to the previous year.

Portuguese rescue services aid boat en-route from British Virgin Isles

Lisbon's Maritime Search and Rescue Centre (MRCC) launched a sea rescue late last Thursday night after receiving an SOS from a boat off the southern coast of Portugal

The boat which had sailed across the Atlantic after departing from the British Virgin Isles, in the Caribbean.

The SOS was received from the sailboat Malaika at around 21h35 after its captain, a man in his sixties, fell overboard.

Maritime officers found the boat 35 miles south of Portimão, off the Algarve, and subsequently found the captain's body at around 2h15 Friday morning.

Helping the MRCC in finding the man's body were the Portuguese air force, dispatched from Sagres' lifeguard station, and the National Civil Protection Authority.

It's panto time again!

Yet again the Algarveans are beavering away to bring you yet another lavish presentation of everybody's favourite show – Pantomime.

This year production is called 'A Boy and Some Beans' (a thinly disguised Jack and the Beanstalk with more than a few surprises) and promises to be just as full of corny jokes, slapstick comedy and over the top characters as usual.

With gorgeous Karen showing shapely thighs as principal boy, outrageous Tony as the dame and the whole show directed by old hand Lloyd Delderfield audiences will have the time of their lives joining in with the fun.

To tell too much of the somewhat different turn of events would be to spoil the complex - plot!

Start warming up your boos and hisses – get ready to shout 'He's behind you' and prepare to have the time of your life.

It will all take place at the Lagoa Auditorium from the 12th to the 14th of February Friday and Saturday at 8pm with a matinee on Sunday at 4pm.

Order your tickets now on 282 789 608, 966 507 308 or algarveantickets@hotmail.com

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Artists and friends 'exhibit' generosity to local children

Prime Wine and Cheese and Pickle sponsored a cocktail party recently, in the impressive setting of Charlie's Art Gallery in Quinta Shopping.

Guests were invited to pay €2.50 for the tasting and the opportunity to view original artwork from local artists, Charlie Clements and Gareth Thomas.

Samantha Diamond, ACCA (helping children in need in the Algarve), was thrilled to see yet another initiative by local businesses to support the charity. "It just goes to show, you can promote your own business and help a worthy cause at the same time. It really is that easy! ACCA were very pleased to be associated with this event and the children we support will benefit directly from the money raised on the night. So a big thank you to everyone involved."

If you are interested in learning more about ACCA and perhaps even holding a fundraising event yourself, please visit www.accakids.com or email sam@accakids.com.

Hark! The 'Heavenli' angels did sing (and dance)

Heavenli, platinum-selling recording artist from the group Honeyz, recently moved over here and she didn't waste any time in offering her services to ACCA (helping children in need in the Algarve).

In the week before Christmas she lead a group of local children in singing Christmas carols at Quinta Shopping to raise money for the charity.

The children brought a great Christmas feel to Quinta shopping and lots of local people turned out to view the spectacle. They kicked off with the "São Lourenço Angels" who performed a fantastic dance routine, choreographed by Karen Roberts (Fitbods, Almancil). This was followed by Heavenli's children's choir, who sang a range of well-known Christmas songs.

The children taking part were all local and ranged from 5 to 12 years old. They had all given up their time to practice the show during the weeks before and it was worth it, because they brought a true smile to everyone's face, despite the damp, cold weather.

And, more importantly, they raised a fantastic €403, which will help children in need in the Algarve.

ACCA would like to say a big thank you to everyone involved, especially Heavenli who, according to one onlooker, certainly lived up to her name!

A group of local children singing Christmas carols at Quinta Shopping raising money for ACCA.

If you are interested in learning more about ACCA and perhaps even organising a fundraising event yourself, please visit www.accakids.com or email sam@accakids.com.

Aer Lingus cancels Faro-Gatwick route

Following changes the airline has made to its Gatwick operations, where it has a base, Aer Lingus this week confirmed it would be cancelling its Faro-Gatwick route, though all of its other flights from Faro to Ireland would remain unaffected.

In a statement to **The Portugal News** last week, an airline representative confirmed: "Aer Lingus has announced that we will be scaling back our operation at Gatwick airport, which unfortunately affects the Faro-Gatwick route. Effective approximately mid-March, the route will be suspended".

Regarding its routes from the Algarve to Ireland, it confirmed: "However, to clarify, this announcement does not affect the Aer Lingus Faro - Ireland operation, which will continue to operate as normal".

An announcement issued by the Aer Lingus Press Office that morning shed more light as to why the route is being withdrawn, stating, "After all the hard work that has been done building up this route it is very disappointing to have to withdraw the Faro-Gatwick service; however it is part of a bigger decision and our focus now is to communicate the news to all our key contacts and customers and focus on our substantial Faro-Ireland operation".

From March 31st 2010, Aer Lingus will reduce capacity at its London Gatwick Base from five to three Airbus A320 aircraft, a reflection of "weak consumer demand and continuing challenges in the UK operating environment, which have impacted aviation sector performance generally.

The three aircraft will continue to serve three existing routes to Malaga, Dublin and Knock and a new route to Cork.

An Air Lingus airplane

New Year rental frauds burden GNR

On December 31st, New Year's Eve, the GNR in Albufeira received a total of 11 complaints from people who had paid for rental properties in which to spend the holidays over the New Year in that city, though on arriving discovered that the properties did not actually exist.

Similar incidents occurred last summer, when numerous people reported they had been swindled into paying for phantom rental properties.

A GNR police source told Lusa news agency that the modus operandi is based on promoting the rental properties via the internet and asking people to ensure their time in that particular property by paying in full with a bank transfer.

When the unsuspecting tenants reach their destinations they find the properties are actually non-existent.

Dutch priest burgled and beaten in villa

In yet another incident of violent crime carried out on a private property in the Algarve, a 67-year-old Dutch priest was beaten and burgled while sleeping at his home in Oura, Albufeira.

Two intruders woke the startled sleeping man at around 04h00 on December 29th.

They reportedly gained access to the villa after sawing through burglar bars on a kitchen window.

During the assault the man was covered with blankets and hit with a crow bar over the head as the assailants yelled "Money, money", a member of the priest's Dutch congregation explained.

The man, who the next day returned to Holland, was spending his last night in the Algarve following the religious festive celebrations.

He allegedly did not see his attackers as he blacked out. When he regained his senses he got into his car and went to find a police officer. Several stitches to the priest's forehead were required.

The assailants made off with only two mobile phones and a ring, leaving two glasses they had used in the kitchen.

Despite the number of burglaries and violent incidents continuing to rise, security was reinforced over the New Year period in the Algarve.

Between December 21st and the beginning of January, an extra 200 GNR officers were dispatched to the region to strengthen public safety at a time when a rise in visitors was foreseen.

According to Faro District Civil Governor Isilda Gomes, "a large number of those officers will thereafter remain in the region".

Beja, Lisbon and Setúbal have also been approved by the Government to receive police reinforcements.

The GNR in the Algarve should now comprise more than 1,200 full time officers.

Seruca Emídio, Mayor of Loulé, one of the areas in the Algarve worst affected by the recent surge in violent crime, has slammed the Government's 200-officer boost as "clearly insufficient", predicting that only 20 to 25 of those would be assigned to Loulé.

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Subway passengers drop trousers to raise smiles

Two men in their underwear on a subway train during a mob 'flash' in which a few dozen participants stripped to their underwear for fun, in Lisbon, Portugal, on 10 January 2010. (Photo: Miguel A.Lopes/LUSA)

An initiative organised by ImprovLisboa, a group that aims to "play pranks" and "bring smiles" to the Portuguese, saw dozens of people brave the cold temperatures and drop their trousers on the subway to make others laugh.

As it claims on its blog, ImprovLisboa "is a group that causes situations of chaos and brings joy to the grey days of Lisbon inhabitants".

Riding the subway without trousers was a challenge set for the second consecutive year in Lisbon and simultaneously took place in 40 other European cities.

"Making people more joyful and in a better mood as well as being aware that sometimes rules can be bent and the world can change" was the main objective, said Francisco Belard, head of the ImprovLisboa group and inventor of the 'No trousers on the Subway' idea.

He explained, "People are always so quiet on the subway, thinking that today is going to be the same as every day, and it wasn't".

A few rules and requirements were set for joining in the initiative, and included "wear comfortable clothes, bring a bag to put trousers in, wear underwear no smaller than swimming trunks, do not tell people what is happening, and do not lose face throughout".

The willing volunteers met at the Alvalade metro station, were divided into groups of four, each group being assigned a team leader, and were then given a destination.

Despite being held on a Sunday, when subway carriages were emptier than normal, the participants still received some memorable reactions from fellow passengers.

I Missed you

Dear Don,

I'm so disappointed that we didn't spend the New Year's holiday together. I was all packed and ready to go with you to Paris. Then, mysteriously, you arrived there, and I didn't. I spent the next ten days wandering around airports and sitting in dank, dark rooms looking for you. I know that you called the Lisbon and Paris airports every day looking for me. But I was hidden in a dark corner and could not get out. No one would listen to me; they just kept piling more bags on top. I think I heard the firecrackers on New Year's eve but I was never sure if I was in Lisbon or in Paris. I was also very cold, so I knew you must have been cold too. I had your heavy coats and sweaters , but what did you wear? Then I heard a man say " Oui" so I figured I was in Paris. Two days later, someone picked me up (not too gently I might add) and threw me into a truck. We rode though a city that must have been Paris because though the back window I peeked at the Eiffel Tower. Finally we got to a hotel. I saw the name " Westin" on the front door. I was so exited that you and I would finally be reunited, but alas I was destined to be thrown into another dark room for the next 4 days. I was sure I heard you ask for me, but then I also heard an arrogant voice say " NON" when you said you thought I had arrived. I even heard you check out of the hotel and longed to leave with you, but no one came to get me so I had to sleep in that dark and cold room for 3 more nights. Then, suddenly, a man who called himself " The Front of the House Manager" came to get me. I overheard him say that you had called his boss asking for me. Finally, they sent me back to Lisbon. I flew home that night and was so happy when another man delivered me to our home in Cascais on January 6. So, Don, we didn't spend the holiday together but I am happily reunited with you again. But, please, take me to a doctor because I have tear in my left side. Before I travel with you again, I might need some minor surgery.

Happy 2010. Your brown suitcase.

Here's what happened. On December 29, Don checked his suitcase with TAP and boarded their afternoon flight from Lisbon to Orly. (I was already in Paris.) He checked his bag with trepidation as the suitcase from his previous trip to the USA in November had never arrived. But this time, as the flight was direct, he was sure it would arrive. It never did, despite his flying Executive (business) Class.

We called the Lisbon and Orly airports countless times, with no results. As we all know the temperatures have been freezing. TAP told Don he could spend €100 total for his missing clothes to which he replied, " Ma'am, have you ever been to Paris?" Then he called the concierge and asked if there was an extra coat in lost and found. They told him to come to the basement where they were ironing a doorman's uniform, complete with gold trimming and epaulettes!

Finaly, they found a raincoat which he wore until we left. He found a smart looking shirt at Zara plus a purple sweater (his €100 allowance) and wore them the whole trip! We did nightly underwear washing and I admit he was a far better sport than I would have been.

Once home, TAP finally let us search through thousands of lost bags stored beneath their airport. When we found nothing, they agreed to call Orly one last time and the bag was found amidst hundreds of others stranded from Madrid flights. Don now has one bag and is still searching for the other. My 2010 resolution: carry-ons only from now on.

Westheimer

Circus bench slide injures thirty spectators

A bench seating around 200 spectators at a Circo Chen event in Lisbon slid forward during a show last Saturday, causing injuries to 30 people, one of whom remains in hospital.

Those injured were rushed to three different hospitals around the city, 16 of whom were taken to the São José hospital, where the most seriously injured person remains due to "trauma to the thorax".

All of those injured in the incident and taken to the Santa Maria and Dona Estefânia hospitals have been released, sources from both units confirmed.

Miguel Chen, head of the well-known Circo Chen, said the accident occurred because "someone removed the breaks", causing it to start sliding forward for around 10 metres at the beginning of the show, as people were taking their seats. The show was subsequently cancelled. He denied it was because the equipment was badly built or wrongly assembled.

A judicial enquiry has been instigated after Lisbon Town Hall asked PJ police to intervene.

It was confirmed that periodic check-ups on the Circus had been carried out despite not being compulsory under the new licensing regime.

St. Andrews stamp appeal

On Sunday 10th January 2010 at the morning service in St Andrew's Church, Lisbon the congregation launched an appeal to collect used stamps.

The used stamps are being collected and forwarded to the Church of Scotland World Mission Council, based in Edinburgh (UK), in order to support the ongoing work of the World Mission Council in some of the poorest parts of the world.

A recent project to benefit from the money raised by collecting used stamps was a drop-in centre working with Roma people in the Czech Republic. The project provides educational services for children and young people, evening classes for adults and a homecare service for the elderly.

At the launch of the appeal, the minister, Graham McGeoch, encouraged other individuals and groups in the British and international community in Portugal to get involved.

"We all receive letters every day. By simply cutting off the stamp and sending it to St Andrew's Church we all have a chance to make a difference in our world", said Rev. McGeoch.

The stamp appeal will be run by St Andrew's Church of Scotland (Lisbon) throughout 2010. You can send your used stamps to: St Andrew's Church of Scotland, Rua Arriaga 13, 1200-608, Lisbon. www.standrewslisbon.com.sapo.pt

The British Embassy in Lisbon is looking for a Consul/Head of Section for Lisbon

This is a fantastic opportunity, working for a dynamic organisation in a beautiful city. We are looking for a proven manager with excellent customer service and change management experience and strong communications skills to lead our Lisbon consular operation. Based in Lisbon, you will be responsible for overseeing the provision of consular assistance services to British nationals in a large consular district stretching from the Azores to the Alentejo region. The right candidate will need to be a strong manager and leader as well as a good team player, proactive and an initiative-taker, capable of making decisions, often in fast moving and highly sensitive situations. As a senior manager in the British Embassy and the Iberia consular network, contributing to the country wide corporate and strategic agenda will be priority. Fluency in English is essential, as is a good command of Portuguese. You will need to be available to start by early March 10'.

You must be a British citizen. Salary around €45,500 pa. In addition there is a contributory pension and healthcare scheme. Pay increases are performance related

If you are keen to apply, go to **www.ukinportugal.com** and check the section: About us/Working for us, for the application form. Please send your application form and CV with a cover letter indicating reference BRITCONLIS 001/2010, to the British Embassy Lisbon at rrhhpt@fco.gov.uk. We need applications by 25th January. Interviews will be held in Lisbon on 3rd February

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Utrecht soccer team at Barringtons

Barringtons Hotel, Golf & Spa in Vale do Lobo is delighted to host Utrecht Football club from 7th -14 January 2010

The squad are doing two intensive training sessions every day on Barringtons own football pitch which is in superb condition despite this January's unprecedented rain.

Utrecht chose Barringtons for its comprehensive on-site facilities including exclusive use of the football pitch, advanced gym where the equipment is ideal for all professional teams (including rugby and cricket) fitness studios, ice baths and swimming pools, Jacuzzi, Sauna and Steam Room.

Barringtons will host Park Celtic, the Austrian National team later in January.

Learn Bridge at the Hotel Garbe

New Beginners and Improvers classes starting soon with Finola Gibson.

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For more information please contact Finola Gibson on telephone 282 312873 or finola@sapo.pt

St. Andrews Society of Lisbon - Burns Night

There can be no other national poet whose birthday is so widely recognised than that of Scotlands National Bard, Robert Burns, commonly known to many as "Oor Rabbie". In a country filled with talent and history, famous warriors and scientists, Burns made his way to the top of the pile and in 2009, he was voted "The Greatest Scot" by viewers of a Scottish TV channel by narrowly beating the famous independence campaigner, William Wallace. Throughout the world, his birthday on 25th January, 1759 is celebrated with a Burns supper where Scots and friends join together to reflect and enjoy the works of a poet whose words crossed all social boundaries and united Scots from all walks of life. Although Burns wrote many of his famous works in the Scots language, he also wrote in a light "Scots dialect and at times even in standard English, making his voice accessible to "Sassenachs" and foreigners alike! Many of his works were set to music and there can be few people who have not joined hands at the stroke of midnight on New Years Eve (Old Years Night) to sing lustily the famous words of "Auld Lang Syne"! Statues have been erected to his memory, towns and locomotives have been named after him, banknotes bear his portrait, stamps have been issued and in 2009, a £2 coin was minted featuring a quote from his work. Two musicals about his life, "Red Red Rose" and "Clarinda", have also won fame both at home and abroad. It is incredible to think that all this was achieved in his relatively short life of 37 years! So, why not come and celebrate with us in an informal evening of words and song at our annual Burns Supper to be held at the Quinta Santo Antonio, Malveira da Serra on Saturday, 30th January 2010 at 7.30pm? Traditional fare flown in from Scotland, washed down by "Amber Bead" and served by the friendly staff at the Quinta will make this an evening to savour and enjoy. It may even bring a tear or two to the eyes of Scots with "Saudade" for their native hills and glens on this evening of national pride, celebration and reflection.

Further information can be obtained by consulting www.standrews.com.pt or telephone our Secretary, Theresa Adams on 912 306 353 or our Chieftain, David Wilkie on 963 700 929

First Charity Quiz Success

The first of the Hotel Garbe's monthly charity quiz nights held on 4th January produced a keenly fought contest with 11 teams fighting it out right to the last round. The 'Fried Eggheads' emerged victorious but only by 1 point.

The Silves charity Castelo de Sonhos will soon benefit from the 165 Euros raised on the night. Thanks to Diamond Cleaning Services, Albufeira for sponsoring this event.

The next quiz night takes place on Monday 1st February and will be raising funds for Albufeira charities Pirilampos and Gaivota. To book a table telephone Lynn on 919 266 770 or the Hotel Garbe on 282 320 260.

Almost Burn's Night

After the build up to Christmas, the event itself and the final celebration of welcoming in the New Year things tend to fall a bit flat, if you add to that the seemingly endless days of rain it's good to have something to look forward to.

Burn's Night is therefore a welcome date on the calendar - when the Scots don their kilts, the knife is sharpened to stab the symbolic Haggis and whisky seals are broken to toast the bard - the one and only Robby Burns.

Pam and Jim Harley of Mariner's Bar in Portimão will be breaking with many of the usual traditions to hold their famed 'Almost Burn's Night' on Saturday 23rd January welcoming one and all regardless of nationality or Scottish connections.

For the many who have enjoyed these hilarious evenings over the last 8 years there will be a touch of sadness as they say goodbye to the hallowed stonewalls of Mariners restaurant as it succumbs to the march of progress and redevelopment but joy as the 9th Almost Burn's Night will take it out on a high. Even her Royal Majesty will be hanging in the room for all to feel her presence and blessing on the occasion.

Come and be part of this adieu with all-inclusive dinner, wine and whisky for the toasts and unbelievable entertainment for only €20. Book your table now with - Jim 282 087200 or Jenny 282 381 201

Pashmina Nights with Madrugada

Following the success of last November's fund raising dinner at the Pashmina Indian restaurant in Lagos, two more dates have been arranged for 2010.

November's event was a full house raising well over €1000 for the Madrugada charity established last year to support people affected by life limiting illness.

The next Pashmina night is on Thursday January 21 starting at 7.30 when a special three course meal complete with wine or beer will be served for €20 per person. A generous proportion of this charge is donated by restaurant owner Raman Bhasin, while a raffle and auction provides additional revenue for Madrugada.

The fund raising group, headed by John Moir and Annette Brown, has set up a regular programme for 2010 that includes a karaoke night at the Mirage restaurant in Praia da Luz, a third Pashmina night in Lagos on March 18, a quiz night and carvery at the Duke in Praia da Luz on April 15 and a musical extravaganza during May with venue and dates to be confirmed.

'Our aim is to build a strong social networking aspect through these Madrugada events where people can enjoy something a little different in good surroundings, make new friends and help support a good cause', states John Moir.

For further information and Tickets contact the Madrugada charity shop in Praia da Luz (opens 10-1600hr) 282 761 375 - or 282 762 620 and 967732508 for out of hours.

Charity Fund Raising Events

Monthly Quiz Night

1st February. Entry €2,50 per person, starts 8pm, max 6 people per team, chance to win €25 prize with Charity Fund Raising Raffle for Pirilampos/ Gaivota Albufeira.

'Oops forgot about Valentines' Dinner & Quiz Night

19th February. Three course Indian Dinner to include wine and coffee followed by a Prize Quiz with Charity Fund Raising Raffle for Pirilampos/Gaivota Albufeira. All for only €20 per person. Max 6 people per team, starts 7-7.30 pm.Telephone Lynn on 919 266 770 or call into the Garbe to reserve your table, check www.hotelgarbe.com for more details.

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Braga	4.907	3.189,55 €	7,6
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Talks on Portuguese History

Tuna Fishing in the Algarve

Tuesday 26 January at 6.30 pm, Convento São José, Lagoa and Friday 29 January at 11 am, Municipal Library, Tavira

Right up to the time of the First World War, the Algarve was famous in Northern Europe for its fruit, fresh and dried, and for olive oil. But its fishing industry was also economically very important.

Of the fish caught here tuna and sardine occupy a prominent position, and measures were taken to foster and protect the tuna fishing industry. Some of the Portuguese sardines which fed Allied POWs and Axis troops must have come from the Algarve.

Tuna on the other hand has been used as a means for paying tax; it has been the target of corsairs. The tuna fishing industry has been a major employer in the region.

The tuna sadly no longer cruise the coast of the Algarve, and there have been other periods in history when the tuna have been absent.

What influences the tuna in its migration? How much does this region now depend on its fishing industry?

Peter Booker embarks on a survey of the Algarve and Algarveans and their relationship with the fishing industry.

The Jews in Portugal

Monday 18 January 7 pm, ASCA, Rua do Comunitário, Almancil

Ever since the diaspora caused by the Romans in 70 CE, Christian communities had difficulties in coming to terms with their Jewish populations, and there were usually strained relations between them. One has only to think of the treatment of Jews which Shakespeare describes in *The Merchant of Venice*.

Such difficulties led in turn to further diasporas, and in Spain and Portugal the relevant dates were 1492 and 1497. For a long time after 1497, the practising of the Jewish religion in Portugal was very dangerous, and Jews came back into Portugal only in the mid-nineteenth century.

Why were Jews so cordially disliked that they were expelled? How many left Portugal at the time of the Sephardic diaspora, and how many chose to remain? What was the influence of this diaspora on the society that remained?

Peter Kingdon Booker describes the history of The Jews in Portugal and explains how this hostile attitude by the government of the time caused great hardship to Portugal in the years that followed.

Calling all Algarve Ladies Lunch Clubs

We are pleased to announce that on 6th April 2010 at the Hotel Garbe, Armação de Pêra a joint Lunch will take place.

Following the success of the 2007 joint Algarve Ladies Lunch Clubs meeting when six clubs shared information relating to their groups, it has been decided to repeat this joint lunch.

All Ladies Lunch Clubs are very welcome to participate. For more information please contact organiser - Carole Good-Dixon, e-mail: carole66@sapo.pt Mobile: 966 571 639 Tel: 282 312 079

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Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.
"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION
€25 - With Clubs - €40
June to August after 3:30pm
September to October after 2:30pm

SPECIAL PROMOTION (JUNE-OCTOBER)
9 Holes - €20
18 Holes - €30
With Clubs - 9 Holes - €32,50
18 Holes - €47,50

BREAKFAST OR LUNCH
9 Holes - €26,50
18 Holes - €38
With Clubs - 9 Holes - €40,50
18 Holes - €57,50

*** Subject to availability. No service at weekends.

GREEN FEES
9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

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5 Rounds - 20% Discount

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15% DISCOUNT ON GREEN FEES WITH THIS VOUCHER

Walking in the beautiful Algarve

Longer Walks

Algarve Walking Experience for Sat 16th

We will meet at the Snack Bar Sol e Serra in Corte Garcia, Querenca. if Loulé is your reference point leave heading north on the N396 past the big school and the swimming pool, keep heading north when you come to the junction DO NOT turn left to Querence carry straight on the Snack Bar is on your left after about 1k, park on the right wide verge. If you are coming from the 124 end then turn right signed Querenca Loule before Barranco do Velho after about 6k Snack Bar will be on your right.

Its about a 4 1/2 hour walk good paths, but almost certainly wet under foot. We will start at 10am we can stop for a coffee half way round The Bar does good food if you want to eat before you drive home. I think that covers everything!! Anything else phone me

Tel 289489662 or 912715835 email info@algarvewalking experience

Let's walk in the Forest & Beyond

Wednesday January 20th

A beautiful walk with views both to the mountains and sea, through the National Forest and beyond into the Serra de Cao. Apart from a gentle climb at the start this is an easy walk of 2.5 hours that all will enjoy.

10.30am start - meet by the church in Barão São João. Exit the A22 at the very west end and turn left towards Bensafrim and Lagos. After passing through Bensafrim take the first right towards the Zoo. Follow the road for 5km when you come to BSJ, there is a carpark to the left behind the church and a cafe infront of it!

There is no need to book please just come along with some water, wearing comfortable walking shoes or trainers and bring a sense of humour - these walks are FUN! There is a charge of €5p.p. for the walk. Walk organiser: Julie Statham 922 244 241, 965 753 033 or www.portugalwalks.com

East Algarve Walks

Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

Bowls Algarve

The second half of the league season started in bright sunshine but with a cold breeze blowing across the Algarve.

There was plenty of activity at Alvor, with three teams at home, starting with league leaders the Greens against the visiting Valverde Vikings. Greens continued their impressive form this season with a 63-39 victory and eight points in the bag. Also at Alvor, the Harlequins were host to the PDF Crusaders and won a tight match by 53 shots to 45 and by six points to two. The afternoon match saw the Alvor Amigos take on the ABC Cats. The Cats were in good form and won by 48-35, taking all eight points and keeping up the pressure on the Greens.

Meanwhile, over at Tavira, the home Tigers team beat the Pedras Panthers by 58-43 and claimed six points to two. Alvor Gladiators travelled to Valverde and came away with a very good win by 57-44 and eight points to nil over the Vulcans. Amendoeira Nuts opened their second half with a comfortable win over the struggling PDF Sinners. Nuts won by 63-38 and collected seven points to one.

Greens continue comfortably ahead of the pack with 82 points. Cats are the nearest challenger on 69, with Gladiators a further ten points back on 59. Then come the Tigers who have jumped up to fourth with 56, ahead of the improving Harlequins and Panthers both with 55 points. Crusaders drop to seventh with 54, whilst Amigos and Vikings remain on 40 apiece. Nuts are showing some form and now have 29 points, with the Sinners and the Vulcans a little adrift of the rest with 23 and 12 respectively.

Alan Clarke – League Director

Muddy Cogs bike rides

Saturday - Movers - 16th December

Starting Point

Paderne :- Car park at the bottom of the hill by the football stadium on Rua 5 de Outubro. Lets meet here around 1.15pm

Start Time:- 1.30pm

Ride details

This will be a fairly challenging ride on a tarmac and dirt track roads to Alte for a cafe stop

Sunday - Shakers - 13th December

Starting point

Olhao - Meet in the car parks on the western end of the sea front by the new apartment blocks.

Vilamoura Marina Car park. This is the big car park to the west of Vilamoura marina, accessed along the road to the Lake resort and also the Falesia beach car park.

Lets meet here at 1.15 pm

Start Time 1.30 pm

Ride Details

This will be a fairly gentle ride along tarmac and dirt track roads, but there will be a few hills to climb, so its not going to be totally flat. There will not be any scary rocky descents though. There will also be a cafe stop somewhere along the route .

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, Activity Algarve
Mobile: 913 226 954
paul.beesley@sapo.pt
www.activity algarve.com

Another new treatment to Senses… Skin Care Centre

Senses are kicking off the year with the introduction of Gel Nail Extensions. Although Suzie has been a qualified nail technician for over six years she has avoided carrying out the treatment in her Lagos salon because of the risks associated with nail enhancements.

"I have many clients that have damaged nails because they are having poor quality nail extensions, mainly because of the use of filing drills and the harsh chemical MMA. I needed to start doing extensions again to show that if the right product is used, if the technician is meticulous in application and providing the client is offered all the homecare advice and products they need then nail extensions can be a safe and effective treatment."

Suzie has chosen to use Gel extensions as they are more flexible and light weight meaning that they cause less trauma to the natural nail, they also require much less blending, filing and chemicals in the application method meaning that they are not harmful to apply.

Suzie's main priority is to keep the natural nail as healthy as possible and with the correct application and aftercare

Suzie can maintain the natural nails health.

"I hope that by using a combination of the new gel system and Jessica Natural Nail products I can encourage clients to focus on the health of their nail."

Suzie is intent on offering a full range of treatments with the new system that she is using.

"As well as offering nail extensions to those who want them, I will also be carrying out overlays to help strengthen and improve the growth of the natural nail."

Tim and Suzie are hoping that gel nail extensions will be the first of many exciting new additions at Senses this year.

Tim explained that "we are very excited about the year ahead. We are also eagerly awaiting the results of the Therapist of the Year UK competition for which Suzie was shortlisted."

Buying or selling property? Use the Algarve property marketplace !

Portugal Auctions and Property Exhibitions innovative Pro-Active marketing website will offer you comprehensive access to buyers and and vendors at home and abroad.

For those searching for a new lifestyle, a business opportunity or retirement in the sun - Portugal Auctions property marketplace advertises villas, apartments, townhouses, development land and businesses for sale by private treaty, in the Algarve and Portugal.

Selling Property? Portugal Auctions refreshing approach to the Algarve property marketplace creates interest through Exhibitions, Virtual Tours and the services of recommended Auctioneers both overseas and in Portugal.

PA Property Exhibitions association with i-Spy360.com allows them to offer you a discounted Virtual Tour to promote your property and reach a wider market.

Your purchaser will have visited your property by viewing online, before making that important appointment to visit your property personally.

Portugal Auctions and Property Exhibitions also feature 'Home and Income Opportunities' and have clients who are interested in the 'Part Exchange of Properties' concept.

Dutch seminars trading in options

alexportugal

Dutch stockbroker Alex Vermogensbank will be organising two seminars on trading in options, in Vale Do Lobo and Portimão.

The seminars take place on the 20th of January, in Vale do Lobo Auditorium, and the 21st of January, at the Hotel Tivoli Marina in Portimão. Both start at 15h30 and will last until 17h00. The contents of the seminars are of interest to all that trade on the stock market since options are very useful as an 'insurance policy' for the value of stock and by trading exclusively in options one can achieve high benefits. Kaspar Huijsman, director of Alex Spain & Portugal, will present the seminars. He is a stock market specialist and will use day-to-day examples that can be put into practice right away. As well as the seminars, Alex offers the opportunity for personal appointments for those who want to get personal advice on their stock portfolio or have further questions about investing in the stock market.

Kaspar Huijsman

The seminars will be held in Dutch.

Centro Activo, giving your health the best possible start to the year

Tânia Vieira (centre), Dr. Santinho (right) and the centre's friendly receptionist.

Having opened just four months ago Centro Activo has already become a point of reference for start-of-the-art technology in the areas of physiotherapy, post-operation rehabilitation and other mobility-related treatments. Consultations and treatments in areas such as nutrition, beauty, neurology, psychology and speech therapy are also available.

For the New Year several new therapies have been introduced, amongst which is osteopathy care, permanent hair and varicose vein removal with laser and acupuncture.

Responsible for acupuncture is Dr. Salomé Santinho, who from an early age showed promise of following her father's footsteps in alternative medicine.

"I grew up with alternative medicine and I believe in it", she says.

At university in Lisbon Dr. Santinho studied natureology, covering everything from plants to water cycles, and has now been working seven years as an acupuncture and alternative medicine specialist.

Historically linked to Chinese medicine, acupuncture is renowned for being one of the most characteristic alternative medicines. Hair-fine needles are inserted on acupuncture points situated on meridians along which' life energy' flows. Treatment is provided by working on the body's energy, as well as stimulating muscles and tissues.

While conventional medicine still debates the effectiveness of acupuncture, those who have undergone the treatment report varied results.

Dr. Salomé guarantees it is a highly effective way of treating any number of disorders and ailments, ranging from migraines, facial paralysation, the menopause and gastro-intestinal problems such as ulcers, to psychological problems such as stress, depression, panic attacks, insomnia and addictions. She meanwhile acknowledges that while in some cases patients claim that the results of acupuncture are remarkable, there is no such thing as 'miracle cure'.

Inaugurated on June 1st, 2009, Centro Activo offers a range of physiotherapeutic treatments, including the high-tech 'short-wave electrolysis', in 13 private booths. It also has two private consultation rooms, a specialized room for children's treatments, an exercise gymnasium and an aesthetics area where complementary health and beauty treatments, like manicures and pedicures (including medical pedicures for diabetic feet), massages (mud treatment, lymphatic drainage, reflexology) are offered.

Centro Activo was designed to offer thorough, integral help to those whose physical mobility has, for whatever reason, been compromised. It was founded by Tânia Vieira, who was determined to create such an establishment after her husband suffered a stroke in 2003 and she dedicated six years of her life learning how to live and deal with the changes it implied.

"He was left paralyzed and in a wheelchair", she said. "It was very complicated, your whole life and routines has to change. It has to adapt to a disabled person and a wheelchair".

In 2005 Tania travelled with her husband, José Gonçalves Vieira, to the Sarah Kubitschek Hospital in her native Brazil, a unit that is dedicated to helping paralysis victims and other suffering disabilities and their families in all aspects of physical and psychological recuperation. It is on this renowned centre that Centro Activo is based.

THIS WEEK'S PROFILES

Alex Portugal Seminars

Those interested can subscribe on www.alexportugal.nl or by email: info@alexportugal.nl, or phone: (+34) 952 924 011.

Algarve Property Marketplace

Buying or Selling property visit www.portugalauctions.com website and view properties through i-Spy360 virtual tours - Bringing Locations to Life! Contact Morag Richardson on 91 420 9965 or email sales@portugalauctions.com

Senses... Skin Care Centre

Senses... Skin Care Centre Lagos 282 762 261 info@senses-skincare.com

Centro Activo

For more information, contact Centro Activo on telephone/fax: (+351) 282 422 104, mobile: 964 196 396 or email: centroactivo portimao@gmail.com. The centre is open Monday to Friday, 08h30 - 19h00.

Warner's rational approach

He encouraged the people to eat with the season in What To Eat Now and now Valentine Warner turns his attention to ration time recipes in Ration Book Britain. The TV chef sings the praises of the waste-not-want-not generation and gives his verdict on the food that kept the country going.

Revisiting the times of food rationing was a logical step for Valentine Warner.

After all, the unabashedly posh cook has already preached the benefits of eating with the seasons in his cookery programme What To Eat Now. He balks at the idea of throwing away any part of an animal, declaring he's the "only person I know who eats tripe", and even admits to eating leftover fat from other people's plates.

So unsurprisingly he was at ease with recreating dishes from 1940s recipe books to mark 70 years since the start of rationing in Britain.

"I am quite old fashioned in my tastes and I don't like to waste anything," he says.

"What was so surprising about the cooking though was we thought it was all going to be quite hard to put in the mouth but it was all quite tasty. I'm sure if you're eating it for 14 years you'd want to pick it off your plate and hurl it across the wall but things in their own right, made with care, were actually perfectly respectable things to eat."

Even the notorious dried eggs, of which few people have fond memories, were palatable, Warner enthuses.

"We had to do dried eggs which smell disgusting when you mix them, but they're ok once they go in the mouth, and the famous Woolton Pie - which was a well known vegetable pie - was seriously helped out by a bit of Bisto."

Aged 37, the TV chef was fortunate enough to be born after the Second World War, but his family made him aware of the ethos of the period.

"My mum grew up during the war in Cornwall and very much remembers rationing," he recalls.

"My father used to talk about it a lot because he actually fought in the war, and I was so aware of what rationing did because of my grandmother.

"She had a very light appetite and when she used to eat chocolates, or a boiled egg, she'd put a bit of clingfilm over the boiled egg and put it in the fridge or she'd wrap half a chocolate up and eat it two weeks later, and the egg sometimes four days later. She didn't waste anything."

His admiration for the 'waste not want not' generation does not extend to members of today's society, who he thinks would struggle if rationing suddenly had to be introduced.

"There would be a lot of moaning, a lot of complaining but it might do a bit of good."

While it's hardly practical or desirable to bring back rationing simply to extol the virtues of economical cooking, Warner thinks we can still afford to learn a thing or two from the people who lived through it.

"They seem to have a gratitude, a making do, a humility and modesty. People didn't complain, they were united by hardship and were fighting for their lives, so it was like, 'Let's use what we've got and quietly go about our thing in a very thoughtful way'. Now we live in a very wasteful, fast time when things are very casually discarded. Then there was a meticulousness and a real kind of strength that you don't see so often in people now," he says, demonstrating his point with staccato arm gestures.

Nothing unlocks memories like smells and tastes, and Warner said cooking the recipes for a group of World War Two heroes at the end of the programme was an emotional experience.

"They were talking about the war and, as I served them the dishes from the Ministry of Food book, there was a bit of emotion, and listening to them gave me a lump in my throat as well.

"There was one guy who had done an enormous amount of bombing runs over Berlin, far more than the average pilot lived for. He took out a little metal frog and put it on the table and he said, 'I never took off without this and I survived and everyone but three of us in our squadron died during the war and I've never taken it off my person since'. That was amazing. Time does go by and you move forward but it is good to remember because it wasn't that long ago," he says.

It is his feeling for people which has partly contributed to Warner's success. In What To Eat Now he combined his own favourite dishes with those of other people's, seeking out the secrets to precious family recipes.

"I just shut up and listened to them. If you're filming with a farmer or the guys that pull up the oysters, they have so much to tell you."

He is also a nature enthusiast- he names Sir David Attenborough as one of his heroes - and is hoping to make a programme which combines his love of food with his love of animals - strange perhaps for someone so pro-hunting.

And while this stance has caused him to be harassed in the street on one occasion, he remains steadfast.

"Everyone is entitled to their opinion," he states.

"I respect people who don't want to eat meat. If you have your opinion, fine, but don't tell me I'm wrong. We've hunted for thousands of years. Maybe we don't need to shoot stuff anymore but I like to go out and get my own food. I know it at every stage from going out with my gun over my shoulder to falling in the grass and taking it home and eating it so I've been responsible for the whole thing, whereas when you take something off the shelf at the supermarket you have no idea about how it's been treated."

Warner is generally against the idea of supermarkets "it's not the way I'd choose to shop" but he wouldn't be human if he didn't have one guilty pleasure, would he?

"I have two guilty pleasures," he replies, with a mischievous glint in his eye.

"Bacon Frazzles and pickled onion flavoured Monster Munch. It's a nostalgic thing. Pretty much every long car journey I go on I will cane a few packets of Frazzles. From London to Cumbria I'll probably have four packs... well, two packs not four, well, maybe two each way."

But if you fancy transporting yourself to a pre-Frazzles era, why not try out one of the ration time recipes below?

By Lisa Williams

Woolton pie (Serves 4)

450g King Edward potatoes
900g carrots
225g mushrooms
1 small leek
60g chicken fat
2 spring onions
Salt and pepper
Nutmeg
Chopped parsley
Bunch of herbs made of 1 small bay Leaf, 1 small sprig of thyme, parsley and celery

Peel the potatoes and carrots, cut them into slices of the thickness of a penny. Wash them well and dry in a tea-cloth. Fry them separately in a frying pan with a little chicken fat or margarine.

Do the same for the mushrooms, adding the finely chopped onions and leek. Mix them together and season with salt, pepper and a little nutmeg and roughly chopped fresh parsley.

Fill a pie dish with this mixture, placing the bundle of herbs in the middle. Moisten with a little giblet stock or water. Allow to cool then cover with a pastry crust made from half beef-suet or chicken fat and half margarine. Bake in a moderate oven for an hour and a half.

Eggless sponge cake

170g self-raising flour
1 level tsp baking powder
70g margarine
57g sugar
1 level tbsp golden syrup
150ml milk or milk and water
Jam for filling

Sift the flour and baking powder. Cream the margarine, sugar and golden syrup until soft and light, add a little flour then a little liquid. Continue like this until a smooth mixture. Grease and flour two 7 inch sandwich tins and divide the mixture between the tins. Bake for approximately 20 minutes or until firm to the touch just above the centre of a moderately hot oven. Turn out and sandwich with jam.

Mock goose (Serves 4)

150g split red lentils
275ml water
1 tbsp lemon juice
Salt and pepper
For the stuffing:
1 large onion, chopped
50g wholemeal fresh breadcrumbs
1 tbsp fresh sage, chopped

Cook the lentils in the water until all the water has been absorbed. Add lemon juice and season. Then make the 'stuffing'. Saute the onion in a little water or vegetable stock for 10 minutes. Drain, then add to the breadcrumbs. Mix in the chopped sage and mix well. Put half the lentil mixture into a ovenproof dish, spread the stuffing on top, then top off with the remaining lentils. Put in a moderate oven until the top is crisp and golden.

PROPERTY OF THE WEEK

Splendid views of São Brás de Alportel

This week's featured property is located in São Brás de Alportel, providing amazing views across the countryside to the small town in the Eastern Algarve. Built on a 4,850 m² plot of land, this three bedroom villa is ideal for country living whilst not remaining too far from the coast.

The villa has 165 m² of covered area and boasts three bedrooms, two bathrooms, a laundry room, a swimming pool, a garage and further car parking area.

The open plan living-dining-kitchen room is very spacious and doors to the terrace provide fantastic hilltop views, overlooking São Brás de Alportel.

A wood burning stove keeps the room warm during the colder months; central heating and air conditioning is also installed throughout the house.

The first bedroom has a walk in wardrobe and a large terrace area, sharing the bathroom with the second bedroom.

The third bedroom is ensuite (a shower room) and also has a terrace.

The pool is of large dimensions and has a large surrounding patio area.

The garden is irrigated and the house's plumbing is connected to the mains.

This property has been recently reduced to €345.000, without furniture.

However, the furniture can also be sold, with the price to be negotiated.

For more information on this property or others, please contact Elly van Hulst Real Estate Lda. on 289 842 992, email: ellyvanhulst@mail.telepac.pt. Alternatively, visit their website www.property-runner.com.

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Tavira: 281 320 281
Vilamoura: 289 301 294

Tavira
New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m2. Living area of 307 m2 & basement of 192 m2. High quality construction and specifications. Easy access.
Ref: LHV-937 Price: € 1.200.000

Estoi
Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m2, plot: 2140 m2. enjoying Good quality construction.
Ref: LHV-1063 Price: € 1.200.000

Santa Catarina
Lovely 4-bedroom quinta (265 m2) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m2. Spacious double-height living area. Easy road access. Good value for money.
Ref: LHV-866 Price: € 590.000
(Reduced from € 799.000)

Tavira
Luxurious 4 bedroom villa (430 m2 covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m2 enjoying country views.
Ref: LHV-901 Price: € 749.000

Near São Brás
Offers invited! Outstanding 3-bedroom villa (177 m2) with pool & garage (41 m2) set on a 2500 m2 plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.
Ref: LHV-1066 Price: € 465.000

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Ref. A492
Price: € 50.000

Messines
- Charming cottage
- Quiet area, country views
- 2 bedrooms, 2 bathrooms
- Large plot sith own lake
- Veg. garden, fruit trees
- Cott. 96m² plot 2.600m²

Ref. C1265
Price: € 159.000

Moncarapacho
- Attractive villa built 1992
- Southerly country views
- 4 bedrooms, 3 bathrooms
- Pool 12m x 6m, terraces
- Lovely landscaped garden
- Villa 200m² plot 1.920m²

Ref. V633
Price: € 395.000

Carvoeiro
- Beautiful luxury villa
- Beachfront & ocean views
- 3 bedrooms 3 bathrooms
- Large pool 12m x 6m
- Landscaped garden
- Villa 250m² plot 1.224m²

Ref. V1071
Price: €1.200.000, Open to offers

Santa Catarina
- Lovely villa, country views
- 4 bedrooms, 3 bathrooms
- Plus guest cottage
- 2 bedrooms, 1 bathroom
- Pool, terraces, garden
- Tot. 297m² plot 16.100m²

Ref. V1262
Price: € 540.000

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Ref 953 - VILLA ENCANTADA, SANTO ESTEVÃO - € 745.000

Beautiful single storey villa with large private pool in the area of Santo Estevão. Private and peaceful with 10.480m2 of land surrounded by walls and entered by a main gate. Partially furnished and fully central heated with two living rooms with fireplace, one with woodburner the other with electric fire, both plumbed for a gas fire should you choose. Completely equipped large kitchen with granite worktops, laundry room and garage for 4 cars. The house has five ensuite double bedrooms, the bathrooms are all modern and new. Surrounding the property you have beautiful palms and mature gardens. The property has a bore hole, a large gas deposit only needing to be filled once a year, and recently added just outside the property mains water supply easy to connect if you wish. Approx 30 mins to Faro Airport and only 10 mins to the historic town of Tavira with a massive selection of restaurants and bars also featuring a brand new shopping centre with cinemas and many shops. This could be the house of your dreams!

Outstanding opportunity to buy a dream rural property...

...near village of Alte (Loulé).

Professionally renovated to a high standard the detached villa sits on plot of 310m² and has 3 double bedrooms with fitted wardrobes. Two fully equipped bathrooms and excellently finished modern kitchen. Under floor heating throughout and log burner in main sitting room. Price – €175,000.

• Bonus

1 minute drive away is a dream 1 hectare plot with outline planning for tourist business. The land can accommodate several wooden country cottages, plus caravans & tents. A large fishing lake on the plot offers revenue for fishing enthusiasts. Also bird wildlife is well established in this area and many companies' offers routes to monitor the wildlife. Water and electric are provided and the land is arable to create a self sufficient life style. This plot is offered at – €65,000.

Contact: 919 383 852 or 917 227 087 should interest be sought on both properties a negotiation is available.

SPECIAL OFFERES

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Exclusive - Vilamoura

Luxury complex situated in front of Millenium golf course. 2 and 3 bed apartments & Townhouses. Garden, sw-pool. Large private terraces, closed garage for 2 cars. The great quality and location makes this a Unique investment.
Ref.: 2822 Promotion € 325.000

Special - Vilamoura

Lovely 3 , 4 & 5 bedroom townhouses.Large lounge with spacious terrace. Private closed condominium with sw-pool & fantastic green areas, surrounded by pine-woods, close to "The Old Course" golf, a few minutes from the center.
Ref.: 1298G From € 357.500

Great Price - Vilamoura

Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equiped. Very nice views. Extra store space in basement. This is a fantastic & unique oportunity for your holidays or for rental income.
Ref.: 2931 € 70.000

Green Residence - Algoz

Fantastic oportunity: 4 bed Townhouses, fitted kitchen, fitted wardrobes, large terraces on the first floor, private garden area with carport for 2 cars. Excellent quality finishings,solar energy. Just a few minutes from Guia and Algoz
Ref.: 2784 € 230.000

Sea front - Fuzeta

Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price.
Ref.: 2159 From € 199.500

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An orchid isn't just for Christmas

You can bag a Christmas sale plant now if you look in the shops - and if you want something that can last for years with the minimum of fuss, it's worth choosing an orchid.

Many people are put off by the cost, but we have seen large, exotic-looking moth orchids (Phalaenopsis) in various shades for as little as €6.99 in Intermarché in Alvor in the Algarve. Other stores are selling them at around €9.99.

Maybe you were given an orchid as a Christmas present. Though they are not normally associated with Christmas, their long, arching stems bearing sprays of beautifully marked, delicate-looking flowers look great in both modern and traditional settings.

Moth orchids are widely grown and well-suited to life indoors, requiring a minimum temperature of 16C. I bought one and kept it on an airy kitchen windowsill, where it flowered for four months until it finally needed a rest in November.

These plants don't have a yearly cycle of producing flowers, and can develop flower spikes at any time. Cool nights are important, so allow a dip of a few degrees.

Once they've finished blooming, cut the flowered stems back to just above a joint, two up from the base, using a pair of sharp secateurs. It should draw up another spike within a few weeks, although mine didn't show any signs of life for several months until a new branch appeared, producing a string of beautiful blooms.

Their rambling roots spread across the surface of the pot and out, searching for nutrients. The roots contain chlorophyll and therefore produce energy from light, so grow the plants in clear pots - it's also a good way to see if the roots are wet or dry.

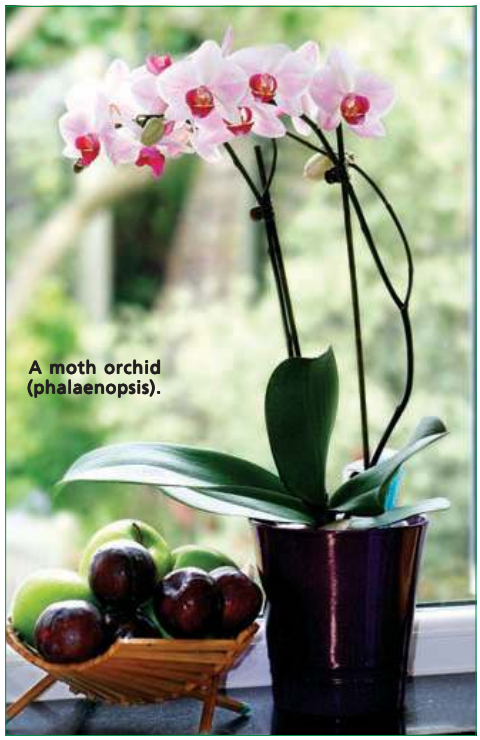
Trends are changing as people start to shy away from the big, showy flowers to the more dainty, subtle and smaller-flowered types.

Slipper orchids (Paphiopedilums), trendy in Victorian times with their waxy leaves and lip-shaped pouch at the front of the flower, are again becoming popular. The flowers are usually long-lasting and can remain in bloom for months.

Some people have veered away from orchids in the past, fearing they may need a lot of maintenance. But these elegant plants, which originate from South-East Asia, are actually tough old birds which don't like too much fuss.

It's generally overwatering that kills them, and they are becoming easier to grow as nurseries bring out new varieties. Most hybrids come from hot, humid forests and like a warm, tropical climate.

It's a myth that they must be shaded, because they do well on windowsills and flower more freely if given some sun. However, it's best to keep them out of direct sunshine in the summer - and don't make the mistake of moving them from somewhere very shaded into direct sunlight, or they will suffer leaf scorch.



A moth orchid (phalaenopsis).

Some orchid-lovers mist the plants regularly, but they really don't need to.

Orchids should just be watered once a week by immersing the pot into a bowl of tepid water until it's moist all through. Then lift the pot out and sit it on a draining board for a few minutes before putting it back into its permanent pot. The plant should be allowed to dry out between watering.

Use a half-strength liquid feed for orchids. Add it each time you water the plant, which you need to do more frequently in summer.

Moth orchids should be repotted about once a year - you can buy specific compost for orchids from garden centres. It's expensive, but worth it as it has the right mix of nutrients.

If you grow a cymbidium orchid indoors, be warned that it does not like being repotted and may not flower for several years afterwards if you do so. These orchids, which come in a wide colour range with spikes bearing up to 20 long-lasting flowers, normally flower from early winter to late spring.

They are also good specimens for putting outside in the summer to brighten up your patio.

Hannah Stephenson

A slipper orchid (Paphiopedilums).

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Mobile Broadband

Mobile broadband is a technology offering a wide variety of advantages to consumers. It enables the consumer to surf the Web at any given time and place without any kind of hassles.

You do not need to worry about geographical restrictions and time consumption costs. Any individual can make use of a mobile broadband connection whether they are a professional businessman or a student. You only need to plug a 3G USB modem into a laptop or PC and away you go.

The benefits of mobile broadband mean that your office no longer has to be in the office and work locations become far more flexible. You can carry out your computer-based job just as well outside, in a park or at a café, as you could indoors at your desk. You can even work on the train, making otherwise dead time productive, and consequently shortening your working day. Mobile broadband is also making a positive change to the lives of people in developing countries. Gramjyoti, an Indian charity dedicated to improving rural health and development, is using mobile broadband technology to provide villages in the southern region of Tamil Nadu with Internet access. This has brought normal internet connections to the villages, as well as online access to educational services and medical advice. Local farmers can now check weather forecasts and the latest crop prices by logging onto the Web. The developed world can benefit, too. In Australia, a mobile screening service run by BreastScreen Victoria is allowing women living in remote locations to be scanned for breast cancer. It uses mobile broadband based on HSDPA for consultations, connecting the women with doctors in major city hospitals and clinics. And in Raleigh, North Carolina, in the US, the local police force uses mobile broadband to pass information and images quickly and efficiently to its officers on patrol. Mobile broadband includes other benefits like easy access to business news and financial information, access to Social Networking sites like Twitter and Facebook and access to your office contacts and appointments.

Mobile broadband works on various high quality network standards such as GPRS, EDGE, 3G, UMTS and HSDPA allowing consumers to connect directly to high speed Internet backbones. Typical speeds for mobile broadband are 3.6Mbps and 7.2Mbps Mobile broadband allows for the elimination of fixed telephone line services and therefore helping to remove the worry of long term phone line and fixed line broadband contracts. All these benefits are making mobile broadband connections very popular amongst a wide variety of consumers. Choosing the right mobile broadband connection has become an important concern. With a large number of packages being offered by Portuguese mobile phone operators Optimus, Vodafone and TMN, choosing the right kind of package can be difficult for the consumer.

Costs vary depending on the type of deal you go for, which can either be a monthly contract or pay-as-you-go. Contracts typically start from as little as €10 per month, although these usually come with restrictions on the amount of data you can download; going over your limit results in an extra charge. This might be fine if you just want to send a few emails, but if your internet use is heavier then a less restrictive contract is essential, which might cost up to €35 per month and include 5GB of data traffic. As with your mobile phone, packages are also available to enable you to use your mobile broadband overseas without incurring huge costs.

Some important points that need to be taken care of before signing up for a Mobile broadband package include monthly costs, contract length and the connection fee costs. Always go for a package that is well suited to your personal or business requirements. Make sure that the service offers a good speed in the area where you live. This is because different services offer different speeds in different locations. Feel free to contact WorldTelecom on 707500600 to help you decide on the best package that is right for you and your business.

According to IDC (International Data Corporation) there are over 450 million mobile Internet users in the world today with further predictions of that number reaching 1 billion by 2013. Apple has shipped more than 40 million iPhones, so there's a possible 8 percent or so of all mobile Internet users and nearly 30 million BlackBerry's accounting for another 6 percent of users.

"Internet-connected mobile devices are reshaping the way we go about our personal and professional lives," John Gantz, IDC's chief research officer, said in a statement. "With an explosion in applications for mobile devices underway, the next several years will witness another sea change in the way users interact with the Internet and further blur the lines between personal and professional."

That change may be accelerating, with smartphones pushing the gas pedal. In October 2009, Gartner reported that smartphones accounted for 14 percent of overall mobile device sales, but would grow to 37 percent by 2012. Gartner forecasts 180 million smartphone sales in 2009, exceeding notebooks for the first time. From 2009, Gartner predicts that consumers would spend more on smartphones than notebooks.

No surprise, mobile Internet usage is more informational — search, online news and sports, e-mail and instant messaging — and where recreational, downloading music and videos.

Besides, the mobile Internet forecast, IDC also offered up a plethora of other information about Internet usage:

• The number of Internet users will increase from 1.6 billion in 2009 to 2.2 billion — or one third of the global population — by 2013.

• China has more Internet users than any other country — 359 million growing to 566 million in 2013.

• The number of U.S. Internet users will grow from 261 million in 2009 to 280 million in 2013.

• As measured by percentage of population with Internet access, the United States hugely leads China.

• India's Internet population will grow nearly two-fold over the next four years. IDC didn't give exact numbers of users.

• The number of devices — mobile phones, PCs and video games — accessing the Internet is more than 1.6 billion. The number will grow to more than 2.7 billion by 2013.

• The United States leads the world with the most Internet connected devices, but China ranks tops for mobile Internet-connected devices — 85 million, or nearly 20 percent of the worldwide total.

• The number of Internet users making online purchases exceeds 624 million worldwide. Online purchases will double, from $8 trillion to $16 trillion, between 2009 and 2013.

• Global Internet advertising will reach $61 billion this year, growing to over $100 billion in 2013. The 2009 figure represents 10 percent of advertising spending across all media categories. IDC forecasts 15 percent by 2013.

'The next several years will witness another sea change in the way users interact with the Internet and further blur the lines between personal and professional," Gantz expressed in the statement. He's so right about that.

I have a question for all our readers: How do you expect to be accessing the Internet in just five years? Various ISP's forecast that by 2020, the mobile phone — and not the PC — will be the primary way people access the Internet. I predict the transition will be much sooner.

Kurt Pardon • I.T. Director
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TV 'harms children's speech'

A TV droning away in the background as young children play happily nearby is a familiar scene in many homes.

Most parents would see nothing wrong with it - not realising that the chattering away of the TV could harm their children's speech development, even if they're not actually watching it.

New research commissioned by Jean Gross, the first Communication Champion for Children, found that almost one in six children have problems learning to talk, with boys facing more difficulties than girls.

Nearly a quarter (22%) of boys experience problems with talking and understanding speech, compared to around one in seven (13%) of girls.

Gross believes part of the problem may stem from the amount of time the TV is left on in homes - figures suggest more than a quarter of families have a TV on either 'most of the time' or 'all the time'.

She warns parents that just having the TV on, whether children are watching it or not, makes adults stop talking to them.

And it's that talking which is so crucial to a young child's language development.

Gross says: "Research shows that if the TV's on in the background, the rate of talking by everybody in the room - both children and adults - decreases massively.

"The number of words spoken diminishes so children aren't getting the opportunity to learn from adult role models how to talk."

However, Gross stresses that her message isn't necessarily that TV's bad for children.

"The message is that watching a TV programme with your child and talking about it during and after is great - children can learn from television - but it's the steady background that nobody's paying any attention to that doesn't really help.

"Parents often don't realise the effects."

David Burke, the British director of the campaign against TV, White Dot, agrees that many parents seem unaware of the problems having the TV on in the background can cause.

"What's sad is that so often TV is promoted as educational for young children," he says, "but at a young age children need to understand the difference between foreground and background noise, as that's the beginning not only of hearing and speech, but the ability to control attention.

"If you have a child that's in a room with the TV on all the time, then you're going to have a child that never learns to focus on anything.

"People will say TV's okay if it's on in the background, but studies show that exactly the opposite is true."

The Gross study, which looked at children aged between one and seven, found that more than six in ten parents rated the ability to talk, listen and understand as the most important skill for young children to develop - way ahead of the ability to interact with others, reading, writing and numeracy.

It showed that parents are generally keen to promote their children's communication skills, with all those surveyed saying they looked at picture books with their child, told stories, played word games and sang nursery rhymes.

But the key, says Gross, is for parents to pay attention to the way their children are acquiring language, and give them as much help as possible.

"All of us expect that our children's language will develop automatically, and to an extent it will, but as parents we all have to make this important skill as good as we can in children," she says.

"Paying attention to it and thinking how you're modelling and developing how children talk is just as important as the way you later help them with reading and school."

Talking Point, which is part of I CAN, a charity which supports the development of speech, language and communication skills in children, has issued a series of tips for parents to develop their child's speech and language. These include:

- Give your child quiet times to help them focus on your words - so turn the TV and radio off.
- Get down to the child's level and engage their attention before speaking.
- Make learning language fun by using funny voices, rhymes, noises and singing.
- Allow your child time to respond.
- Speak in a lively, animated voice, and use lots of gestures and facial expressions to back up your words.
- Use simple, repetitive language and keep sentences short as you talk about what's happening.
- Praise your child's efforts, even if the results aren't perfect - simply say the correct pronunciation rather than pointing out mistakes.

Mary Hartshorne, I CAN's professional advisor, says: "It's not specialist, additional things that need to be done to help children's language development, it's things that can easily be built into all sorts of everyday activities."

She says that what often happens is that parents don't think to talk to their children as they're carrying out normal activities like washing, dressing and shopping.

"That's when the talking and interacting can take place - it's just about building in talk to whatever you're doing."

And as for TV, she warns: "Having the noise of the TV constantly on in the background is really distracting.

"We're not saying never have the television on, but think about only having it on when you're watching it."

For more information on children's communication development, visit: www.talkingpoint.org.uk.

by Lisa Salmon

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Transform your style for 2010

Lisa Haynes asks celebrities and experts reveal their resolutions for a stylish 2010.

Forget the faddy starvation diets, gruelling gym programmes and can't-keep-for-a-day resolutions and kick off 2010 with some angelic fashion and beauty intentions.

If you're guilty of becoming enemies with your wardrobe or neglecting beauty routines, now's the time to turn things around at the start of a brand new decade.

Take inspiration from our trend-setting celebrities and industry experts who reveal their resolutions and top tips for 2010.

Wave your magic fashion and beauty wands and make January a date for some stylish reinvention.

• Gok Wan, stylist and TV presenter

"I'm about to do a mass clothes clearout. I think we've just gone through one of the most exciting autumn/winter collections so I've gone a little bit bonkers! My resolution is going to be 'wardrobe Feng Shui', clearing out the old to bring in the new."

• Andrew Barton, hairdresser and stylist from 10 Years Younger

"If you've worn your hair the same way for far too many seasons, make a New Year's resolution to change your look either with the cut, or if you're scissor shy, a new colour. Go blonde to brunette just like Scarlett Johansson or brunette to blonde like Kelly Osbourne."

• Faye Sawyer, X Factor stylist

"In a recession it is so important to buy clothes that you will wear time and time again. Make a style resolution to buy something that you covet that will last."

• Ola Jordan, Strictly Come Dancing professional who partnered Chris Hollins to victory

"I'm fanatical about make-up. However, due to the amount I wear, my skin suffers badly. My New Year's resolution is to bin all my old make-up and replace it with 100% pure mineral cosmetics called Youngblood, which allows the skin to breath."

• Ben de Lisi, fashion designer at Debenhams

"Keep your look clean, sharp and polished no matter what you wear."

• Ariane Poole, celebrity make-up artist

"My best New Year beauty tip is to edit your make-up bag and toss out anything that seems off or you haven't used in ages and add just a couple of seasonal products and shades. This way you will never be stuck in a time warp."

• Pixie Lott, singer

"My New Year's resolutions are to make sure I always take my make-up off properly at night and be more daring with fashion."

• Dr Ravi Jain, dermatologist at Riverbanks Clinic

"If you keep just one beauty resolution this year, it should be to wear SPF30 every single day of the year, come rain or shine. Continued use will help keep skin looking radiant for longer. Good SPF creams are light and easily absorbed so can be worn under normal make-up."

• Nick Ede, style guru

"My top style tip for 2010 is to mix and match - invest in one key item each season and mix and match with affordable high street clothing. And also have killer heels... they hide a multitude of sins!"

• Zoe Irwin, Wellaflex Silvikrin style director

"Build up a collection of premium styling hair tools. My ultimate is the Mason Pearson nylon brush as it leaves hair with a soft, sleek and frizz-free finish."

• Nicky Hambleton-Jones, stylist and TV presenter

"In 2010 I'll be getting back in shape following the birth of my first child. I will also be updating my style with my new eyewear range. There are so many colours and shapes to choose from - I have a different pair to go with every outfit I own!"

• Simon Duffy, Bulldog grooming products co-founder

"My advice for 2010 is to try and cut down on the amount of synthetic chemicals in your beauty and grooming products wherever possible. Natural is going to be a growing trend in 2010 so consumer choice should be on the increase."

• Bobbi Brown, international make-up artist

"My style resolution for the New Year is to try to own less that I like more. So instead of buying five cheap sweaters, I'll buy one sweater that I know I'm going to have, and wear, forever."

• Amy Sachon, celebrity make-up artist for Barry M

"My New Year tip has to be drinking a glass of room temperature water before anything else every morning. It balances your skin and keeps blemishes away."

• Mark Marengo, Savile Row tailor

"For 2010, men should move away from the very narrow 6cm tie and go for one which is 8cm. They should also make sure their wardrobes contain plenty of the smaller cutaway collars which are very on-trend at the moment. Keep it simple with suits - and if you're feeling daring - introduce a check. Stripes are definitely still out!"

• Sue Moxley, make-up artist and beauty journalist

"Be daring and re-vamp your make-up bag for 2010. Invest in some new eyeshadow that's a different colour from your usual shade and do the same with your lippy."

• Frankie Sandford, member of The Saturdays

"I get very bored with my clothes and I'm always trying to change what I wear. But, because I find jeans really uncomfortable, I get very lazy and I'm wearing a lot of leggings so I'm going to mix it up with different bottoms in 2010."

• Caroline Frazer, Simple Skincare expert and celebrity make-up artist

"For 2010 try re-jigging your routine so you don't get stuck in a skincare rut. Check in with your skin on a monthly basis - feel it and take a good look at it in the mirror. Your skin changes all the time because of internal factors such as stress and tiredness, and external factors such as the weather. Listen to your skin and adapt your routine as your skin changes."

• Kimberly Wyatt, Pussycat Doll and Got To Dance judge

"My beauty resolutions are to drink more water and stay away from too much sugar. My style resolution is to embrace my feminine side and girl it up!"

• Nichola Joss, celebrity facialist and Palmolive Soft & Gentle spokesperson

"My tip for 2010 is to look for products that contain soybean oil. I discovered it in Asia 15 years ago and use it in many of my specialist facials and beauty treatments - it has fantastic moisturising properties to help keep skin super-soft and smooth."

• Bruce Oldfield, fashion designer

"Spend as much as you can afford on a few beautifully designed, signature pieces that you can mix, match and accessorise with for every occasion."

• Lawrence Anthony, haircare expert for www.wantthelook.com

"Vow to use a hydrating masque treatment once a week to keep your hair in top condition and protect it from becoming dry and brittle."

• Emma Willis, TV presenter and face of Murine Eye Drops

"My style resolution for 2010 is to buy more shoes - a nice pair of heels always makes me feel glamorous."

• Susan Curtis, expert at Neal's Yard Remedies

"Lead a more natural and organic way of life by starting with your beauty regime. Buy one essential or multi-tasking product, then continue to replace with organic versions as they run out."

Nicky Hambleton-Jones, stylist and TV presenter

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Eat and drink too much over

Apparently three-quarters of us rush our food.

Christmas and the New Year is the one time we can drink ourselves silly and eat ourselves sick again and again . But keep in mind that overindulging can lead to heartburn and indigestion, two common and unpleasant conditions that can make you feel hellish.

Bloating, discomfort, trapped wind and nausea are just some of the after-effects of a lavish, festive meal. But knowing all that doesn't mean you'll necessarily have the willpower to rein yourself in.

Two-thirds of Brits tend to overindulge over Christmas and the New Year, a survey for Setlers found last year, and part of that may be due to the fact that they can't imagine Christmas as anything but decadent, says dietician Sian Porter of the British Dietetic Association.

"Part of the whole marketing scheme of Christmas these days actually caters to the indigestive nature of overindulgence," she says. "Adverts on the T.V. and in the shops remind you that indigestion and heartburn are normal and part of the Christmas 'package'."

This may be because Christmas is no longer just about the day itself, but a festive season that begins in November and ends in January, she says.

While a little overindulgence isn't too bad for you, turning it into a habit could portend health problems further down the line, says consultant gastroenterologist Dr Charlie Murray of the British Society of Gastroenterology.

"It's very difficult to eat so much that you cause yourself lasting damage, but if you overindulge constantly and repeatedly, in the long term, you can put on weight and suffer from the constant symptoms of heartburn and indigestion."

Overindulgence

For many of us, Christmas is the only time of the year when we can eat and drink with friends and family, put our feet up and relax, and reminisce to our heart's content.

But the key phrase is 'everything in moderation', says Dr Murray. "Eating and drinking are pleasurable activities, so we look to celebrations like Christmas and New Year to enjoy these feelings to the greatest extent, but there's a fine line between enjoying it to the max and enjoying it too much."

Porter agrees: "People tend to eat and drink way more than they normally do, which turns the holiday season into a fest of sickliness.

"This can lead to weight gain, if you're taking in more calories than you're using up. And it can also make you feel sleepy and lethargic, as the body tries to digest all that food you've stuffed into it. Going for a bracing walk can make you feel better and encourage the digestive juices to start flowing again."

If you're attending buffet-style parties, try eating before you actually get there. That way, you won't pick up anything and everything to fill your stomach.

"If the food's all laid out for you, it will be harder for you to not indulge," says Porter. "So pick up a smaller, rather than normal, plate, and fill it first with fruit and vegetables so there is less room for the

the festive season?

"Christmas is no longer just about the day itself, but a festive season that begins in November and ends in January."

unhealthy stuff. Fruit and vegetables can provide you with fibre to help the digestive tract, so reach for a handful of healthier foods like satsumas or nuts rather than a handful of chocolates if you're feeling peckish."

At 'party time', but be wary of how much you drink. Alcohol can irritate the lining of the stomach, which in turn can affect your digestive system.

"Overindulging in alcohol not only causes physical discomfort, but even a bit of binge drinking can have profound effects on the liver," warns Dr Murray.

According to UK Government guidelines, women should drink no more than two to three units a day and men three to four units. It might seem boring, but by curbing your alcoholic consumption, you'll be doing your body a load of good. To check your own unit consumption, visit www.drinkaware.co.uk.

Indigestion and heartburn

More than a third of Britons (37%) suffer from indigestion after eating their Christmas dinner, according to the Setlers survey. This is perhaps due to the fact that three-quarters of us rush our food, with four in 10 of us suffering from stomach complaints, such as bloating, as a result.

Indigestion occurs when acid from your stomach irritates the lining of your oesophagus (gullet), stomach, or top part of your small intestine.

Symptoms include pain, fullness or discomfort in the abdomen or chest, loss of appetite, nausea, belching and flatulence.

Heartburn, on the other hand, occurs when the sphincter or valve joining the oesophagus and stomach becomes weak, allowing stomach acid to escape and rise up into the oesophagus and create acid reflux.

Symptoms include a burning pain in the centre of your chest, as well as a taste of acid or food in the back of your throat or mouth. Lying down or bending can increase the symptoms, so try to remain upright or sit with cushions supporting your back.

Luckily, both indigestion and heartburn are easily preventable, says Dr Murray.

"First of all, try not to eat huge meals, as they'll make you more prone to acid reflux, and limit the foods that we all enjoy the most - like chocolate, coffee, tea, red wine and alcohol," he advises. "Eating late at night also encourages acid reflux, so eat early, slowly and in a measured way, and drink plenty of water to help clear the gullet."

Treatment for both indigestion and heartburn includes antacids, which neutralise the acid and should be taken at the same time as a meal; and alginates, such as 'Gaviscon', which coat the gut and shield it from acid reflux.

Ultimately, whether you want to overindulge is your call - but remember, you have been warned, says Dr Murray. "The bottom line is that no one wants to be a killjoy ," he says, "but eating and drinking to excess will always ruin what could otherwise have been a good evening. So just take things in moderation."

Top tips to avoid indigestion and heartburn

:: Walk it off: A gentle stroll can get your digestive juices flowing and back in shape.

:: Eat little and often: Smaller and more frequent meals are more easily digested than large, heavy meals.

:: Avoid spices: Hot, spicy and fatty foods can all increase your chances of heartburn.

:: Stop smoking: Tobacco smoke can irritate the digestive system, making heartburn worse.

:: Go herbal: Peppermint and ginger tea are said to help soothe the digestive tract.

:: Listen to your tummy: It can take 20 minutes for your stomach to tell your brain that you're full. So eat slowly and mindfully.

:: Get help: If your symptoms last for a week or keep recurring, see your GP as you might suffer from an underlying medical condition.

Kate Hodal

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

Intelligence a bad thing?

SIR, Mr. Towl's amusing rail against Ron Lavery (The Portugal News, 26 Dec.) no doubt brought a smile to many faces. And I am sure that was the intention. However, can I take issue with the underlying attitude the letter presents. And this has nothing to do with any support or otherwise for Mr. Lavery.

I find it strange that it appears to be almost a national trait among the English to belittle either intelligence or the seeking after knowledge. Mr. Lavery should get out more, should he? Perhaps get drunk every Saturday night down the pub like so many others with no brain.

The UK used to produce some brilliant minds, but alas the number is dropping drastically year by year. No doubt folk prefer to get out more. In my youth, mastering a whole bunch of subjects was simply called getting an education.

Continuing that education after leaving school was regarded as developing your mind and was normal.

Now it seems someone with an inquiring mind, and a desire to bounce ideas off other like minds is regarded as a freak.

What is it with the English that they pride themselves on this inverted snobbery? Being ignorant is something to be proud of among so many of the English. What other country would find a book called How to be a W*nker getting to number 4 on the best sellers list?

JOHN CLARE, Arão

Thanks for the comments

SIR, My thanks to a couple of your readers for some of their backhanded compliments.

Unlike global warming [GW], I have heard little about the acidification of the oceans mentioned by Norman Walker but doubt that it is part of the general GW scare. What I can do is assure him that cutting down carbon emissions will not reduce the amount of acid rain. This is weak sulphuric acid (H2SO4) formed when water vapour in the atmosphere (H20) combines with man made sulphur trioxide (S03) emissions. Carbon dioxide plays no part in that process. Some of the billions currently being wasted on reducing the minuscule amount of C02 produced by human activity would be much better spent on finding ways to eliminate waste sulphur oxides.

Incidentally, because we are continually assured that most scientists and a couple of hundred governments accept the warming theory as fact does not make it true. At one time, no doubt encouraged by the threat of being burnt alive, most people believed the world was flat. Politicians can be disregarded - they know little beyond what their paid advisors tell them and as for the 'scientists', how many of them are trained climatologists not relying on government funded research for a living?

Let's toss another pebble into the pond. Do readers have any thoughts on the Thermohaline Circulation of the oceans, the disturbance of which will also result in a devastating effect on world climate?

My money is still on the cyclical behaviour of the sun being the main cause and even we, masters of the world we fondly believe ourselves to be, are powerless to do anything except adapt and sit it out like many of our ancestors had to.

RON LAVERY, By e-mail

Refugio dos Burros

SIR, I must congratulate Mr. and Mrs.Conolly-Hurley on their brilliant advertisement for the calendars. It would never have occurred to me to use the fundamentalist approach of the Ayatollah that catapulted Salman Rushdie to fame. I am sure that the calendars must have sold out immediately.

I am also full of admiration for their ability to pun in Portuguese. To convert "e cães" (and dogs) into "é caos" (is chaos) is a "trocadilho" to bring a smile to the face of any Portuguese speaker.

JIM GLASSBROOK, By e-mail

Reply to: Refugio's calendar offends

In response to Mr. and Mrs. Connolly-Hurley. When we saw the carnival parade in our home town, we were taken aback by the fact that representatives of the local sex shop, were on display on a float. Men cross-dressing (no problem with that), explicit pictures waved at the crowd, and suggestive movements. But looking around, we saw that although there were hundreds of families with children, nobody was at all fazed by the sight. So that was that. We are after all in Portugal, not in the UK. When in Rome etc.,

If the calendar upset your sensibilities, then just give the €8 to the refuge and don't buy the calendar. The Portuguese are not upset by the naked body, nor do they have a problem with alcohol as we do in the UK, and they are happy smokers, and they can do what they wish in their own country. Maybe they thought they would sell more calendars if they have had attractive nude women in the photos, and after all that is what counts isn't it, the money for the refuge?

RUTH M-D, Armacão de Pera

Response to Maureen and John Connolly-Hurley

SIR, I was both amazed and dismayed to read the rather sad and closeted views expressed in the letter from Maureen and John Connolly-Hurley concerning the 2010 calendar printed on behalf of the "Refugio de Burros e Caes".

I find it absolutely incredible that in this day and age there are still people around that can display such a narrow-minded outlook on life.

The girls included in the pages of the calendar that these two find so disgusting are obviously just normal, pretty girls that have done something different in an effort to make a difference for the animals in the Sanctuary. They certainly do not deserve bigoted comments from people such as these.

In fact, if Messrs. Connolly-Hurley support the Refugio as rigorously as they profess, they would have known that one of the attractive girls in the calendar actually works for the charity!

I actually do support this cause very rigorously and purchased my copy in the Lagoa charity shop. What on earth is wrong with these sad people? The calendar is extremely tastefully produced - a tongue in cheek version of the original Women's Institute's 'Calendar Girls' - with all parts that could possibly offend cleverly concealed by various animals from the sanctuary. That is, of course, unless our closeted couple are offended by Miss June's very shapely bottom - the only actual fleshy part on display in the entire production!

The quality, far from being poor, is extremely high. The quality of the gloss paper used is far in excess of that on calendars costing twice the price. The printing is superb, as is the information contained on the pages. I also note that the venture has been extremely well supported by Algarvian business; I note that none of these have found cause for complaint.

Perhaps Messrs. Connolly-Hurley should make plans to keep well away from the Algarvian beaches during the coming summer, as they will certainly be faced with much more exposed flesh on display than is to be found in this calendar.

Mr. Connolly-Hurley seems to have a considerable knowledge of the calendars on display in garage workshops. All I can say is that I have already seen two Refugio calendars on display, one in a four-star hotel reception and one in a quite exclusive restaurant.

Examples of these fine productions being accepted in the manner in which I am sure they were produced - a light-hearted, inoffensive attempt to raise money for a very deserving cause.

However, I am delighted that Messrs. Connolly-Hurley have taken the time to use your columns to express their narrow-minded disdain; they have given these wonderful productions the publicity that they deserve. And I would urge your readers to attempt to purchase one before the supplies run out!

Please Maureen and John, try to drag yourselves out of the Victorian era and get a life. Obviously anybody that disagrees with your Dickensian way of existence you have labelled as part of the "mucky mac" brigade.

I am therefore off to the charity shop to see if I can pick up a raincoat!

ANTHONY NEWMAN, Lagos

2010 – What lies ahead?

The year ahead is being greeted with cautious optimism in Portugal. While the Government is stressing the resilience of the national financial sector, the Bank of Portugal has predicted a bittersweet 2010. While economic growth has been forwarded as a certainty for the year ahead as opposed to 2009, Portugal will continue to lose jobs in 2010, while the deficit is also set to deteriorate.

Most Portuguese can look forward to a better year than 2009 figures released this week have shown, with the economy set to stage a recovery already in the first half of the year, possibly returning to pre-crisis levels by as early as 2011.

But in the winter bulletin released this week by the Bank of Portugal, it is predicted that dole queues will grow even further this year, with an estimated 600,000 people set to be jobless by the end of the year.

On a positive front, the country's reliance on the recovery of major western economies will not be as hard felt as in 2009, with the national economy set to grow by a 0.7 percent this year, before doubling that figure in 2011.

This latest bulletin is considerably more positive than the one released last summer, when the Bank said that 2010 would still be marked by recession, with the economy then predicted to contract by 0.6 percent in 2010.

These latest predictions of growth are in line with those forecast for the rest of the Euro Zone, and similar to ones issued for Portugal by the IMF, OECD and the European Commission in recent weeks.

But for many, the 'crisis' will remain the operative word in 2010.

Jobs will only start reappearing in 2011, with the market set to deteriorate by 1.3 percent this year.

Last year, the unemployment rate hit an all-time record of 9.8 percent, and judging by the Bank of Portugal's latest bulletin, new records will be set this year as the rate climbs closer to the 11-percent mark.

Speaking on the eve of the release of these mixed forecasts, the Prime Minister said that Portugal's financial system has stood up to the impact of world economic turmoil better than many of its counterparts.

Addressing global luminaries at a Paris seminar on future political and financial perspectives, José Sócrates was quoted as saying by the Lusa News Agency that his country's economy has stood up well to the battering that has wreaked havoc in other countries and Portugal has consequently not felt the pinch as much as many.

When called upon to intervene, Portugal's government showed it was committed to prevent a financial catastrophe, added the Prime Minister, pumping money into the public sector to save jobs and shoring up the banking system.

Earlier Sócrates had explained that the macroeconomic priorities of Portugal's Socialist Government are recovery and jobs and not pruning the budget deficit, which is set to grow further over the next two years.

Portugal's leader told France 24 on the sidelines of the New World, New Capitalism seminar in the French capital that his country's fiscal gap now stands at a similar level to France's.

Speaking in French, Sócrates said if there has been economic recovery in some states it is because their governments "have the courage to keep a deficit."

"Our priority for 2010 is to relaunch the economy on the basis of responsibility," said Portugal's government chief, recalling that in his first year of government in 2005 the country had a six percent budget gap.

"In two years we managed to reduce the deficit to 2.6 percent. We know exactly what to do to combat the deficit but it's not our current priority."

But the Prime Minister's optimism was tempered by news this week that Moody's (financial analyst) could cut Portugal's credit rating unless the Government takes credible steps to control its budget deficit, expected to have topped eight percent of GDP in 2009, the Financial Times reported, citing a senior analyst at the firm.

"If Portugal wants to avoid a rating reduction, it will have to take significant, credible measures to get its deficit under control", the British newspaper quoted Moody's analyst Anthony Thomas as saying.

Moody's lowered its perspective on Portuguese debt to "negative" from "stable" last October, after a similar move by Fitch (financial analyst).

By law, the government must present its 2010 budget proposal to Parliament by January 26.

TPN/Lusa

Portuguese for Beginners

Emília Rosendo

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THIS LESSON: Christmas presents for everyone.

O dia de Natal aproxima-se. A árvore de Natal já está montada e muito bem enfeitada, a ementa para a ceia de Natal está a ser cuidadosamente elaborada por toda a família, mas os presentes ainda não foram todos comprados.

① Decida quem vai receber o quê, de acordo com o perfil de cada uma das pessoas.

garrafa de vinho	telemóvel	bicicleta	caneta
fato de treino	dicionário	brincos	roupão
chocolates	estatueta	perfume	cana

1. A tia Anabela é uma senhora muito gulosa. Ela passa os serões a ver televisão.

2. A Paula é minha colega de trabalho. Somos amigas há vários anos e ela sempre gostou de se arranjar. Depois de se vestir, ela dá sempre um toque especial.

3. O tio João raramente sai de casa, especialmente durante o Inverno. Ele está sempre a queixar-se do frio.

4. A tia Ana é muito clássica e é verdadeiramente "louca" por peças de decoração.

5. A filha da Paula, a Rita, é uma jovem que sempre gostou de cheirar muito bem.

6. O pequeno Tomás já anda na escola e, às segundas-feiras, tem Educação Física.

7. A avó Maria sempre resistiu às novas tecnologias mas, agora, já reconhece a sua grande utilidade.

8. A prima Júlia começou, este ano, a aprender Francês numa escola de línguas.

9. O avô Sérgio gosta de ir à pesca, especialmente durante o fim-de-semana.

10. O Senhor Álvaro é o grande amigo do meu avô. De vez em quando, eles jogam xadrez um com o outro, depois de um agradável jantar.

11. A Elisa é a minha sobrinha mais velha. Ela gosta de ler e de escrever. Todos dizem que, quando crescer, vai ser escritora.

12. O Carlos é o irmão da Elisa e, ao contrário da irmã, adora todos os desportos ... especialmente os que pode praticar ao ar livre.

13. O António é o irmão da minha avó. Ele é uma pessoa muito simples e agradável.

Please send your completed exercises, with your name and address, to me: Emília Rosendo at **THE NEWS** and I will send them back corrected
THE NEWS - Rua Município de S. Domingos, Urb. Lagoa-Sol, Lote 3 - r/c, 8400 - 415 Lagoa . Apartado 13. 8401-901 Lagoa
Tel 282 341100 . Fax: 282 341201

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

7	2			3			9	6
6	1		8		2		5	7
	3		9		7		2	
		7				5		
	9		2		6		1	
4	7		6		8		3	5
9	6			2			7	8

Medium

5	8				1		3	
9		4		8				5
							7	
					9		1	6
1		2				7		3
4	6		2					
	7							
6				7		9		1
	4		6				8	7

Hard

	1			6			8	
5			7					6
		4	9			3		
						2	1	
6				7				3
	8	2						
		6			1	4		
8					9			1
	4			5			9	

Last weeks solutions:

9	1	5	6	8	2	7	4	3
8	3	2	5	4	7	1	6	9
6	4	7	9	1	3	2	8	5
2	6	4	8	5	1	9	3	7
3	8	1	7	2	9	4	5	6
7	5	9	3	6	4	8	2	1
5	7	8	2	9	6	3	1	4
1	9	6	4	3	8	5	7	2
4	2	3	1	7	5	6	9	8

3	2	5	8	4	6	9	7	1
6	8	4	9	7	1	2	5	3
1	9	7	3	5	2	8	4	6
7	4	9	5	2	3	1	6	8
8	3	1	7	6	9	4	2	5
5	6	2	4	1	8	7	3	9
4	1	6	2	9	5	3	8	7
2	5	3	1	8	7	6	9	4
9	7	8	6	3	4	5	1	2

9	3	6	8	2	7	1	5	4
8	1	5	3	9	4	7	2	6
2	7	4	1	5	6	8	9	3
7	4	2	6	1	8	9	3	5
6	9	3	4	7	5	2	8	1
1	5	8	9	3	2	6	4	7
4	2	7	5	8	1	3	6	9
3	6	1	2	4	9	5	7	8
5	8	9	7	6	3	4	1	2

This week's Crossword Prize

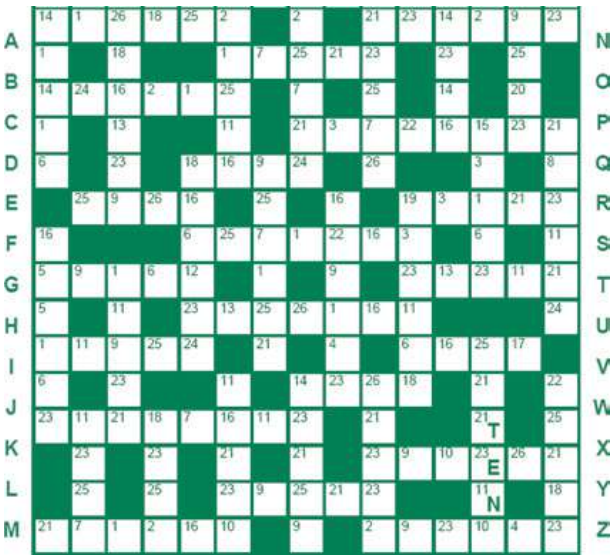
WIN

Each pack contains a 70-minute CD and a 48-page booklet Written by Sue Tyson-Ward, an expert on the Portuguese language and all things Portuguese. You can purchase these language packs from: www.publishing cupboard.co.uk

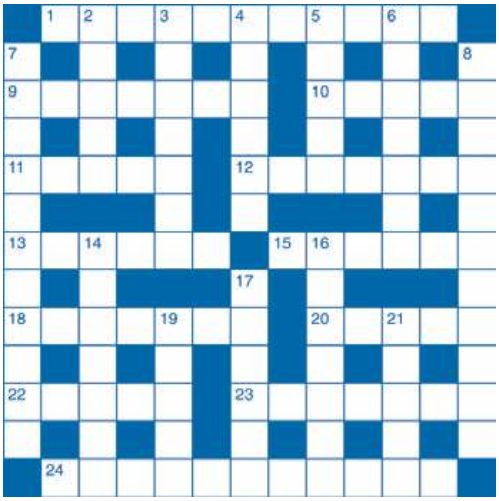
CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

(Right: Last week's solution)



PRIZE CROSSWORD 1044



ACROSS

1. Absolutely sure (4,7)
9. Sooner (7)
10. Wanderer (5)
11. Not concealed (5)
12. Feeling (7)
13. Stable (6)
15. Blemish (6)
18. Uniform (7)
20. Demand (5)
22. Trail (5)
23. Model (7)
24. Irish playwright (7,4)

DOWN

2. Weird (5)
3. Wandered aimlessly (7)
4. Merited (6)
5. Trunk (5)
6. Bill (7)
7. Show (11)
8. Recall (5,2,4)
14. Etch (7)
16. Stimulates (7)
17. Seemly (6)
19. Compare (5)
21. Boxing ring (5)

A €10 Algarve Book Cellar token will be awarded to the sender of the first correct solutionopened next Thursday. Solutions to: The Portugal News Crossword N° 1044, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

R	S	U	S	G	A	C	C	O	U	N	T	A	S	R
H	B	E	E	C	N	D	E	T	J	Z	N	S	R	T
S	W	M	V	M	E	I	X	T	V	J	A	E	U	L
U	X	X	R	I	G	T	T	T	E	F	F	N	W	A
O	U	E	E	N	N	R	R	A	H	L	T	M	V	E
I	I	C	S	C	O	E	T	E	E	R	O	I	W	V
R	T	N	B	I	P	Q	S	C	A	B	I	S	U	E
E	O	E	O	S	T	U	T	D	P	C	X	L	B	R
S	R	U	E	I	V	I	F	R	W	B	H	E	L	O
O	T	Q	W	O	O	R	O	A	O	F	A	E	R	S
E	U	E	E	N	R	E	B	M	R	P	F	J	R	J
C	R	S	S	N	A	M	E	A	N	V	M	V	H	Y
E	E	C	Z	R	U	E	U	T	R	U	O	G	I	V
I	W	W	A	F	E	N	J	I	H	Q	P	J	N	J
P	E	R	O	T	S	T	U	C	X	A	P	Y	Q	K

REVEAL, STORE, TREACHERY, TORTURE, OBSERVES, INCISION, PIECE, VIGOUR, WORN, DRAMATIC, BEATING, REFLECTIONS, SEQUENCE, ACCOUNT, SERIOUS, THRILLS, OBSOLETE, REQUIREMENT .

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.

Last weeks solutions
Across: 1 Conflict; 5 Lone; 9 Seer; 10 Incident; 11 Rapid; 12 Enamour; 13 Developmental; 18 Carousal; 19 Tear; 20 Bouilli; 21 Giddy; 22 Leer; 23 Indigent.
Down: 2 Overawe; 3 Fertile; 4 Contemplation; 6 Open out; 7 Enthral; 8 Pirate; 13 Decibel; 14 Verdure; 15 Loudly; 16 Nothing; 17 Abandon.
Last weeks winner: John Ennew, Lagos

Last week's solution:

Escape the winter blues in

Northern Cyprus, with its unspoiled natural beauty, has much to attract backpackers, whether they want to pull on a pair of sturdy boots to explore the coastlines, relax on the uncluttered beaches or get up close among ancient archaeological ruins.

Kyrenia habour, Cyprus.

Clambering through a castle, which sweeps up high above a steep hilltop in Northern Cyprus, I could see why its magical ruins are believed to have helped inspire Walt Disney's film Sleeping Beauty.

As I sat on a rock to recharge my batteries by St Hilarion Castle, I looked down on the fairytale surroundings below, including the labyrinth of rooms and tunnels which almost appear to have grown out of the rocks.

A cat leisurely strolled past my slightly out-of-breath group and settled down with us to enjoy the Mediterranean climate - as well as any titbits we might have. Resting in the sunshine, it seemed like a perfect day.

Northern Cyprus, with its unspoiled natural beauty, has much to attract Britons, whether you want to pull on a pair of sturdy boots to explore the coastlines, relax on the uncluttered beaches or get up close among ancient archaeological ruins.

British pensioners, especially, love the place - many escape the miserable UK winters and enjoy the spending power of the Turkish lira. They sit outside cafes, browse souvenir shops which sell local handicrafts such as lacework, rugs, pottery and jewellery, and read readily-available British newspapers.

Direct Traveller, the tour operator which arranged my visit, has made it easily accessible with flights from a dozen UK airports into Larnaca, and then an easy transfer across the border between the Greek and Turkish sectors, where restrictions were finally eased when Cyprus joined the EU.

Long winter holidays of 56 days cost little over £1,000, with half-board accommodation. That's £20 a day, with somebody else doing the cooking and no heating bills to worry about.

At the crossroads of three continents, Cyprus is known for its natural romance and charm. According to legend, it was once given to Cleopatra by Julius Caesar as a token of his affection.

The laidback Turkish side of the island has few traces of mass tourism. Northern Cyprus enjoys long, hot Mediterranean summers, when temperatures reach a very pleasant 35C, while winters are mostly mild.

Citrus fruits thrive and olive trees blanket the mountains, surrounding villages which in many ways appear to have stood still in time over centuries.

The unhurried pace is reflected in its nightlife, so think more of cosy bars and restaurants than the pounding club scene of the south.

An obvious starting point in the north for any visitor is Kyrenia, with a distinctive horseshoe-shaped harbour boasting colourful fishing boats and a lively yet relaxed atmosphere.

You can enjoy an evening drink outside one of the restaurants at the water's edge and take in the unhurried surroundings. Decent lunches, with drinks, cost little more than £8 per head.

My first stop was the Malpas Hotel, nestled in hills outside the village of Catalkoy and five miles east of Kyrenia.

The hotel boasts two outdoor swimming pools, an indoor pool, steam rooms and even a casino.

I also stayed at the elegant Colony Hotel, centrally located in Kyrenia and boasting a pool on the roof of the building with great views of the town, the coastline and the nearby Five Finger Mountains.

Further afield, a few miles east of Kyrenia, stands the gothic abbey at Bellapais. The village is immortalised in the book Bitter Lemons Of Cyprus by Lawrence Durrell, brother of naturalist Gerald Durrell, which recounts his tales of moving to Cyprus in the 1950s.

The building is one of the monuments to the numerous civilisations which have been established on the island.

The main part was built between 1198-1205 by King Hugh III of France, with Italian frescoes at the entrance of the chapel dating to the 15th century.

Travellers can take their time wandering through the narrow streets of Bellapais, with its boutiques and restaurants. In the main square, where locals stop and chat, stands what Durrell named 'The Tree of Idleness'.

For a more energetic pace, visitors can make the exhilarating walk up to St Hilarion Castle. The views are stunning, but you really need a pair of sturdy, flat shoes to explore the hidden nooks and crannies - plus a bottle of water, although a small cafe near the entrance is useful to recharge the batteries on the way down.

The castle is thought to have been named after a holy man and hermit who lived there in the last years of his life and was possibly buried there in the eighth century AD.

Those who want to further explore Northern Cyprus's varied history can visit Salamis, an important trading centre dating back to the 11th century BC. Tourists wander around the ruins of a huge Roman complex featuring baths and a theatre which would have held 15,000

Malpas Roof Bar, at the Malpas Hotel, Cyprus.

The Salamis ruins, Cyprus.

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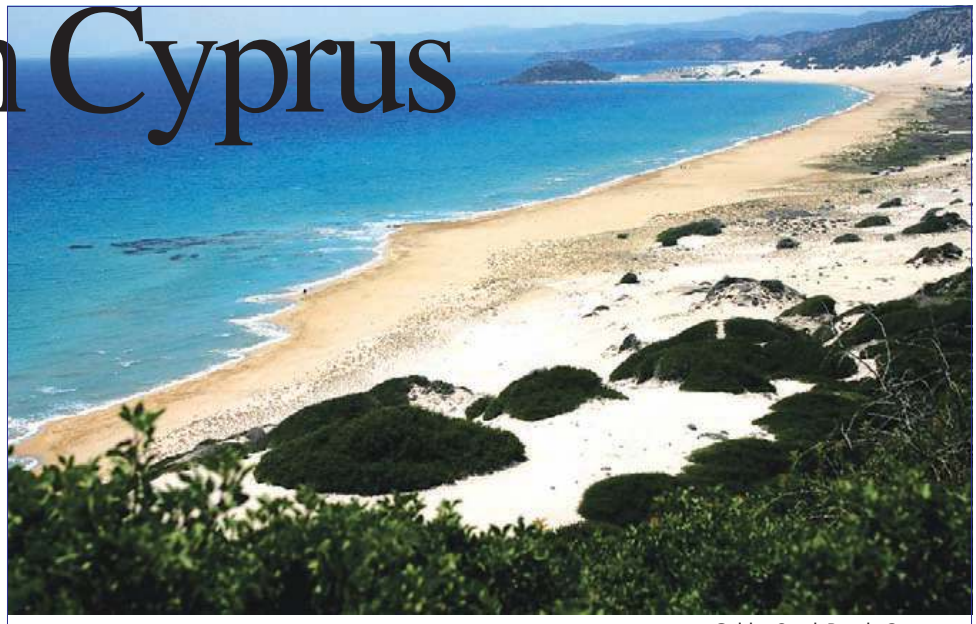
Northern Cyprus



Golden Sands Beach, Cyprus.

spectators.

The stamp of different cultures over the centuries means that local food takes in a mix of influences. The traditional meze, made up of hot and cold appetisers including salads, meat and fish, is a particular attraction. Meals tend to be washed down with a Turkish coffee.

For another authentic experience, try a traditional Turkish-style massage. Mine was fairly vigorous and without any of the lotions and potions you might find in a British spa, but it left me feeling great.

Getting around by car is also straightforward for Brits, as motorists drive on the left-hand side of the road. Standard car hire costs little over £20/€22.50 per day.

But while the natural beauty of Northern Cyprus is undeniable, its political past casts a shadow on the island.

The scars of its recent history, including barbed wire, abandoned buildings and the presence of troops, are still visible and not entirely in keeping with a holiday atmosphere.

Cut off from the Greek side of the island since 1974, the north has been in political limbo for decades. Turkey grabbed it in response to a Greek-backed military coup aimed at union with Athens.

But Turkish occupation of the area has seen it shunned by the international community, limiting cultural and economic links with the outside world.

In July, Turkish Cypriots celebrated 35 years since the arrival of Turkish troops, while Greek Cypriots on the other side marked the 'black anniversary' with wailing sirens.

A 'Green Line' divides the two parts from Morphou through Nicosia to Famagusta, and the contrast between the more well-heeled south with its trendy boutiques compared with the less-developed north is marked.

But Britons who love the place turn a blind eye to things like this.

They delight in a sunny climate virtually year-round and the lack of the over-commercialisation evident on many stretches of Mediterranean coastline - and hope others won't discover the charms of Northern Cyprus for years to come.

Key facts - Northern Cyprus

:: Best for: Couples and families wanting a relaxed getaway from the usual tourist trail.

:: Time to go: Weather is mild and pleasant most of the year. A good escape from cold, wintry British weather.

:: Don't miss: Relaxing drink and bite to eat by the water at Kyrenia.

:: Need to know: Stock up on water and slap on the suncream if you tackle St Hilarion Castle. Try to avoid midday heat.

:: Don't forget: A stout pair of walking shoes and/or a pair of flat sandals to explore ancient ruins.

Travel facts

Victoria Shaw was a guest of Direct Traveller, which offers seven nights' half-board at the Malpas Hotel from January 1-March 31, 2010 from £429/€480, including flights ex-London, transfers and upgrade to seaview room.

A 56-night half-board stay during winter starts at £1,056/€1,181, including flights and return transfers.

Direct Traveller reservations: 00 44 (0)845 123 5383 and www.directtraveller.com.

Victoria Shaw

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Grant Weir, the St. Francis of the Algarve

Grant had devoted his 6 years in the Algarve to rescuing stray dogs. He never turned one away in whatever condition they were in and would nurse them back to health, before trying to find a home for them, which he did many many times. He was a caring person and part of a close network of animal lovers. His death has left a void in the São Brás de Alportel community and the Algarve.

Grant leaves behind him 15 dogs without a home or a leader.

The dogs are all lovely and well behaved each with their own personality. We have photos and information and age on each one. Grant kept a log.

We are asking in the memory of Grant that anyone who could find a home for a dog come forward please. The dogs are well behaved, being the legacy of Grant who taught them very good manners.

Each dog has all their injections, have been neutered and spayed and are ready to go to a new home. We have photos of each one; they are mostly small to medium size with a few big ones.

The two dogs pictured came from the UK with Grant and really need to be rehomed together to help them adjust to his loss.

If you can help in any way please phone:

Sue on 289 462384 or 914146198
and Zena 289 791895 or 963113920

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Hi There !

TONY is a lovely young dog full of energy. He is very handsome and loves to be with people. He enjoys long walks and gets on fine with other dogs. Tony has been tested negative for heartworm. He has been wormed, deflead, vaccinated and castrated. Call Valérie for a visit on 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

DORA & DIEGO are two lovely Cocker Spaniels. They are mum and son and they are very young (around 2 years old). They had a very good home, but unfortunatly they couldn't go where their owners went and they feel very sad. They are used to young kids and they are both house trained. Dora & Diego are both neutered, fully vaccinated, wormed and deflead. They have to be re-homed together. Don't bother to call me if you have space for just one, I will refuse to split them. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

DOBY, a doberman of 3 years old, castrated, obedient and gentle is looking for a new home. People think that Dobermans are fiery beasts that need to be on the chain and substitute an alarm in the house but no - Doby is excepcionally friendly and gentle. If you would like to give him a home, contact us at: sesimbra.bianca@gmail.com or see more pictures of him on www.bianca.pt/english Don't forget to buy our Calendar 2010!

Do cats like us?

Like all the other species, including humans, the cat instinctively fights to survive and leave offspring. However, unlike people, cats do it totally independently.

Although by selective breeding and learning is possible to compensate the independent nature of cats, they are still very detached and are fully capable of taking care of themselves. The cat behaves as if he was unique because that's the way he considers himself.

Living with humans is beneficial for cats. We offer them safe havens that are excellent sources of tasty foods. We guarantee them health, both through preventive vaccination and deworming and sometimes through sophisticated medical treatment. We also give them emotional support, a leg where they can rub, a lap, a scratch on their chin. But does living with cats bring us benefits? And do cats like us?

In the early 70's, it was confirmed that whenever the owner of a cat stroked him, their blood pressure dropped. In the early 80's it was found that people who owned cats had more chances to live at least a year longer after a severe heart attack than others. In the 90's, a study found that cat owners had a lower risk of a heart disease than other people. The health benefits of living with cats seem linear, but it is more intricate than it seems.

It may seem that it is us who take care of our cats by giving them food and affection. But somehow, the cats are the ones that take care for us, offering us unexpected physiological and emotional rewards.

Extremely adaptable, the cat finds in us an open door to a different and highly successful lifestyle. So, the cat not only like us, they love us.

If you lost, want a pet or would like to make a donation, e-mail or visit an Animal Protection Association near you:

* Amigos dos Gatos do Algarve - T. 962 414 584 - T./Fax: 289 514 218 - Contact: Lesley Normington w Associação Animal - Apartado 2080, 8501-902 Portimão - T./Fax: 282 491 216
* Associação dos Amigos dos Animais Abandonados de Loulé - Canil de S. Francisco de Assis, Campina de Baixo, 8100-285 Loulé - Ts. 289 416 862 / 919 765 600 or email: projectosul@clix.pt
* Associação Bamboo - T. 282 788 345 / Fax: 282 788 344 - Contact: Nana - Budens - www.bambooalgarve.com w APAA - Associação de Protecção Animal do Algarve, on Mexilhoeira Grande - T. 914 767 958 or Tel/fax: 282 471 347 or email: safehandsboardingkennels@clix.pt
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* Liga Portuguesa dos Direitos do Animal (LPDA) - Rua das Vinhas nº 18, 4760-661 Vila Nova de Famalicão - T. 252 310 361
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14 JAN-20 JAN

1
Sherlock Holmes
Robert Downey Jr, Jude Law
13.30-16.15-19.00
<eb>Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
(10.15 Sat & Sun)
Capitalism: A Love Story
Documentary
21.55 (00.35 Thu-Sat)
2
Old Dogs
John Travolta, Robin Williams
13.20-15.20-17.25-19.35-21.40 (23.45 Thu-Sat)
G-Force
Animation PV
(11.00 Sat & Sun)
3
Thick as Thieves
Morgan Freeman, Antonio Banderas
(12.25 Sat & Sun) 14.45-17.10-19.30-21.50 (00.20 Thu-Sat)
Arthur et la vengeance de Maltazard
Animation PV
(10.25 Sat & Sun)
4
Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
(10.00-12.10 Sat & Sun) 14.15-16.20
Sherlock Holmes
Robert Downey Jr, Jude Law
21.10 (23.55 Thu-Sat)
Capitalism: A Love Story
Documentary
18.25
5
Did You Hear About The Morgans?
Hugh Grant, Sarah Jessica Parker
(11.55 Sat & Sun) 14.20-16.40-19.05-21.30 (23.50 Thu-Sat)
6
Avatar
Sam Worthington, Michelle Rodriguez
14.30-17.45-21.00 (00.10 Thu-Sat)
Up - Animation PV
(10.30 Sat & Sun)
7
Nine
Daniel Day-Lewis, Marion Cotillard
(10.55 Sat & Sun) 13.30-16.05-18.40-21.20 (00.00 Thu-Sat)
8
Where the Wild Things Are
Max Records, Catherine Keener
(10.10-12.25 Sat & Sun) 14.40-16.55-19.10
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
21.25 (00.15 Thu-Sat)
9
Planet 51 - Animation PV
(10.20-12.40 Sat & Sun) 17.20
The Road
Viggo Mortensen, Kodi Smit-McPhee
14.50-19.30-22.00 (00.25 Thu-Sat)

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14 JAN-20 JAN

1
Old Dogs
John Travolta, Robin Williams
13.15-15.15-17.15-19.15-21.45 (23.50 Fri & Sat)
2
Avatar
Sam Worthington, Michelle Rodriguez
13.00-16.30-21.10 (00.25 Fri & Sat)
3
Planet 51 - Animation PV
13.05-15.00-17.00-19.00
Couples Retreat
Vince Vaughn, Kristen Bell
21.00 (23.30 Fri & Sat)
4
Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
13.10-15.10-17.10-19.10
2012
John Cusack, Chiwetel Ejiofor
21.15 (00.15 Fri & Sat)
5
The Road
Viggo Mortensen, Kodi Smit-McPhee
13.20-15.50-18.20-21.40 (00.10 Fri & Sat)
6
Thick as Thieves
Morgan Freeman, Antonio Banderas
13.30-16.20-18.50-21.35 (00.20 Fri & Sat)
7
Sherlock Holmes
Robert Downey Jr, Jude Law
12.50-15.40-18.30-21.20 (00.00 Fri & Sat)
8
Nine
Daniel Day-Lewis, Marion Cotillard
13.40-16.10-18.40-21.30 (00.05 Fri & Sat)
9
Did You Hear About The Morgans?
Hugh Grant, Sarah Jessica Parker
13.50-16.00-18.25-21.25 (23.40 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
14 JAN-20 JAN

1
Sherlock Holmes
Robert Downey Jr, Jude Law
13.10-15.50-18.30-21.10 (23.50 Fri & Sat)
2
Julie & Julia
Meryl Streep, Amy Adams
13.20-16.00-18.40-21.40 (00.20 Fri & Sat)
3
Old Dogs
John Travolta, Robin Williams
13.30-15.20-17.20-19.20-21.50 (00.00 Fri)
Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
13.30-15.20-17.20-19.20-21.50-00.00 Sat & Sun
4
Spread
Ashton Kutcher, Anne Heche
13.10-16.10-18.50-21.30
Avatar
Sam Worthington, Michelle Rodriguez
(23.40 Fri & Sat)
5
Avatar
Sam Worthington, Michelle Rodriguez
13.00-16.30-21.20
6
Did You Hear About The Morgans?
Hugh Grant, Sarah Jessica Parker
13.50-16.20-19.00-22.00 (00.10 Fri & Sat)

OV = Original Version
PV = Portuguese Version

Castello Lopes Cinemas
Tel: 707 220 220
www.castellolopescinemas.com

UCI Cinemas
Tel: 707 23 22 21
www.uciportugal.pt

Zon Lusomundo Cinemas
Tel: 707 24 63 62
www.zonlusomundo.pt

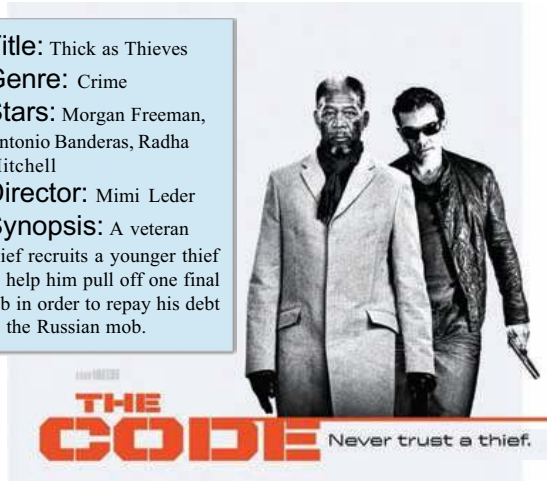
Film Classification

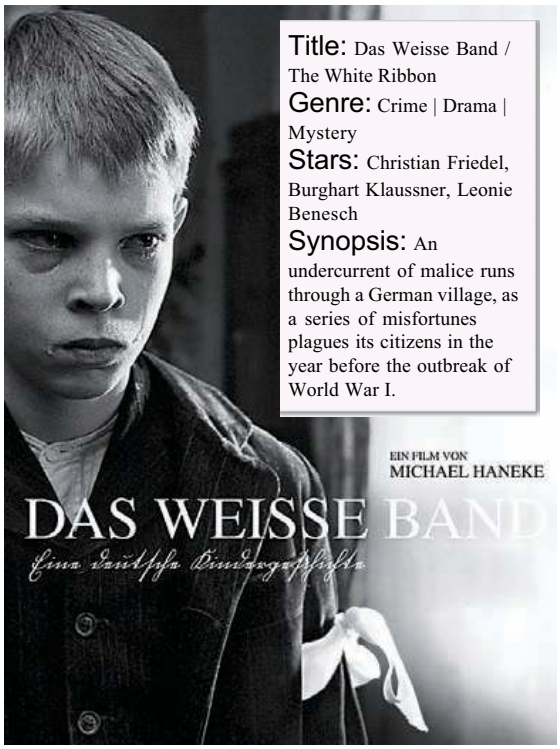
Nine - M/12
Thick as Thieves - M/12
Das Weisse Band - M/12
The Broken - M/12
Where The Wild Things Are - M/6
Did You Hear About The Morgans? - M/12
Bright Star - M/12
The Road - M/12
Old Dogs - M/12
Sherlock Holmes - M/12
Alvin and the Chipmunks 2 - M/6
Avatar - M/12

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: Nine
Genre: Drama | Musical | Romance
Stars: Daniel Day-Lewis, Marion Cotillard, Penélope Cruz, Nicole Kidman, Judi Dench, Kate Hudson, Sophia Loren
Director: Rob Marshall
Synopsis: *Nine* is a provocative musical that follows the life of world famous film director Guido Contini as he reaches a creative and personal crisis of epic proportion, while balancing the numerous women in his life including his wife, his mistress, his film star muse, his confidant and costume designer, a young American fashion journalist, the whore from his youth and his mother.

Title: Thick as Thieves
Genre: Crime
Stars: Morgan Freeman, Antonio Banderas, Radha Mitchell
Director: Mimi Leder
Synopsis: A veteran thief recruits a younger thief to help him pull off one final job in order to repay his debt to the Russian mob.





Title: Das Weisse Band / The White Ribbon
Genre: Crime | Drama | Mystery
Stars: Christian Friedel, Burghart Klaussner, Leonie Benesch
Synopsis: An undercurrent of malice runs through a German village, as a series of misfortunes plagues its citizens in the year before the outbreak of World War I.

Title: The Broken
Genre: Drama | Horror | Thriller
Stars: Lena Headey, Ulrich Thomsen, Melvil Poupaud

Synopsis: A successful radiologist has her life spiral out of control when she sees herself driving down a London street. While attempting to uncover the truth, she stumbles into a terrifying mystery.

HIGHLIGHTS

PORTO- January 16 to 17 - Northern Portugal Ìnternational Dog Show at EXPONOR - The Exposition & Fairs grounds EXPONOR is close to Porto International Airport - www.cpc.pt

PORTO - Until January 17 -EXPONOIVOS Exhibition of Services and Products for the Wedding - The Exposition & Fairs grounds EXPONOR is close to Porto International Airport - www.cpc.pt

LISBON – January 12-16, 18-20 - 21h30 - Play 'Maria Mata-os' - Miguel Castro Caldas, author; performed by Ana Brandão, Anabela Brígida, Bruno Bravo, Bruno Simões, Catarina Mascarenhas, David Almeida, Élvio Camacho, Gonçalo Amorim, Peter Michael, Raquel Dias, Ricardo Neves-Neves, Rita Aveiro, Sandra Faleiro and Sérgio Delgado - Teatro Maria Matos - Avenida Frei Miguel Contreiras, 52 - 218 438 801 - www.teatromariamatos.egeac.pt

LISBON – January 31 –'Snow White in the Enchanted Forest' is a creative fusion of beauty and skating In a fantastic realm of joy and colour. Snow White lived happily with her father, the King, until the arrival of a mysterious woman with whom the King falls in love. The evil jealousy of this woman will lead to Snow White who will live unimaginable adventures in the company of new friends. Each scene comes alive with the lightness of the skaters, and where surprise is a constant. A show full of magic, colour, light, movement and joy, provided by a talented group of actors and professional skaters. - 22h30 – Coliseu dos Recreios – Prices from €7.5 to €84 – Rua das Portas de Santo Antão, 96 – 213 240 580 – www.coliseulisboa.com

LISBON – January 29 to February 7 - Jô Soares, the well known TV Globo (Brazil) presenter with 'Remix em Pessoa', a show with poems by the acclaimed Portuguese Poet Fernando Pessoa – Jô Soares is an enthusiastic and a connoisseur of the work of the Portuguese poet since he was 14 years old. Jô came to know the work of Fernando Pessoa during a trip he made to France and since then he has never stopped reading the poetry of the author. "Why Pessoa? Because Pessoa is essential" explains Jô Soares - Teatro Villaret - Avenida Fontes Pereira de Melo, 30 – 213 538 586

SOUTH

ALBUFEIRA

January 15

Concert by Orquestra do Algarve - Municipal Auditorium - 21h30 - 289 599 500 - www.orquestradoalgarve.com

ARMAÇÃO DE PERA

January 20 & 21

Theatre Dinners at Hotel Garbe - Raj Indian Restaurant - 'Angels Feathers' a comedy by Nicky Moran starring Nicky Moran and Thomas Hartmann - Price: €30 per person to include a 3 Course Indian Dinner with Wine and Coffee - Don't miss it, book now - 282 320260 / Fax: 282 315087 / e-mail - info@hotelgarbe.com

CARVOEIRO

January 29

Phoenix Nites at Restaurant Monte Carvoeiro - 19h00-19h30 - will include Nostalgic Music Dinner with the beautiful voice of local artist Rosina Lardi singing musical and film medleys accompanied by Michel Assis - Price €15 including wine - For choice of menu and tickets please contact 282 332 665 or 282 445 902 - All proceeds will be donated to Castelo de Sonhos

LAGOA

January 20

'Uma Palavra, Uma Rima' (One Word, One Rime) Poetry Workshop by Ondina Santos – Municipal Library - 10h30

January 28

Poetry Evenings at the Convent S. José at 21h30 – Free entrance

LAGOS

Daily

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

LOULÉ

Daily

Exhibitions at Chá d'Arte - the art gallery is situated in the historic centre of Loulé

OLHÃO

January 30

Theatre play for Children 'Canta o Galo Gordo' (The fat cockerel sings) - Municipal Auditorium - 16h00 - 289 710 170

PADERNE

Daily

Art Exhibition at Galeria Corte Real – – Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

PORTIMÃO

January 15

Concert -Tempo de Rock-Guitarra 66/Tó Trips - Portimão Municipal Theatre (Café Concerto) - 22h00 - Free - 282 402 475 / 961 579 917

Until January 17

Exhibition of photos from the 9th Photographic Competition where you can appreciate the many ways of seeing Portimão - Portimão Museum

January 17

'Winterreise' from Franz Schubert interpreted by Maria João Pires and Rufus Müller - Grand Auditorium of Portimão Municipal Theatre - Ticket sales on location - 282 402 475 / 961 579 917

January 19

The New Orleans Jazzband at Mariner's Bar/Restaurant - 20h30 -Rua Santa Isabel - Reservations 914 806 310

January 29

Concert by Zé Manel Martins Quintet - Portimão Municipal Theatre (Café Concerto) - 22h00 - Free admission - 282 402 475 / 961 579 917 - www.teatromunicipaldeportimao.pt

Until January 30

'Spectrum' Exhibition by Filipe da Palma - EMARP Art Gallery - 8h30 to 17h00

S. BRÁS DE ALPORTEL

January 30

New Year's Concert by Orquestra do Algarve - Cinema-Theatre - 21h30 - www.orquestradoalgarve

SILVES

January 31

New Year's March at 9h30 organised by Associação Recreativa e Cultural da Amorosa (ARCA) - To join, please contact the Sports Division on 282 440 800 and 282 440 270

Daily

Basic Ballroom and Latin dance classes, for beginners - Between 15h00 and 17h00 at the old Cine Theatre - By qualified teacher - Price: €5

TAVIRA

January 30

Charity Bazaar at Mercado da Ribeira - 10h00 until 13h00 - Stalls include home baking, chutneys, herbs and spices, hand made soaps, jewelry, paintings, second hand clothes and books, bric-a-brac - Organised by The Tavira Fund Raisers in support of the Canil São Francisco at Loulé

LAGOS & MONCHIQUE

Saturdays

Monthly Writing Workshops – Writing Memoirs/ Life Writing & Writing Fiction - All welcome - Saturdays 2.30pm - 4.30pm at The Owl Story Bookshop, Lagos and the Bica Boa, Monchique For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962887680

NORTH

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

CENTRE

CASCAIS

Daily

»» Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

»» Naval Club - The Cascais Naval Club is situated on the bay, and important international competitions are organised from here. There is a sailing school on weekends.

»» Sea Museum – Rei D. Carlos - The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary - Guided tours: 214825081 - Rua Júlio Pereira da Mello in Cascais - Open: from 10h00-19h00; closed on Mondays and Public Holidays - 214 825 400

ESTORIL

Daily

»» Casino Estoril - Praça José Teodoro dos Santos - 214 667 700 - Info.estoril@estoril-sol.com

LISBON

January 26

Concert by the London Symphonic Orchestra conducted by Sir John Elliot Gardiner and Maria João Pieres at the piano performing works from Beethoven - Coliseu dos Recreios - 21h00 - Rua das Portas de Stº Antão, 96 - 213 240 580

January 28 & 29

Concert by the Gulbenkian Orchestra conducted by Bertrand de Billy performing from Gustav Mahler Symphony nº 9 Calouste - Gulbenkian Foundation - 28th: 21h00; 29th: 19h00 - Av. de Berna 45-A - T. 217 823 000

Daily

»» Mercado da Ribeira -On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy • Av. 24 de Julho

»» National Coach Museum - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays) - Praça Afonso de Albuquerque - 213610850

»» Oceanarium - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

SINTRA

Daily

Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

Lisbon Concerts

(Tickets: See details bottom page)

January 16 - The duo Air will perform live at Coliseu dos Recreios - 21h00 - Santiago Alquimista on Rua de Santiago, nº 19 - 218 884 503 - January 17 - Michael Bolton at Coliseu dos Recreios - 20h00 - January 23 - The Casualties at Music Box - 20h00 - February 14 - Joss Stone performs at the Coliseu dos Recreios - March 14 – Spandau Ballet – Atlantic Pavilion 'Sala Atlântico' – 21h00 - March 22 & 23 – Star Wars in Concert – Sala Atlântico of Atlantic Pavilion – 21h00 – April 7 - Tokio Hotel – Welcome to Humanoid City Tour – Atlantic Pavilion's Sala Atlântico – 19h30

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.35 Rachel Allen: Home Cooking. (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Live Snooker: The Masters. The opening semi-final. (T) 4.30 Final Score. (T)

5.10 BBC News; Regional News; Weather. (T)
5.30 Total Wipeout. Another chance to see the start of the second series of the popular show, its spectacular crashes and mud splashes on a purpose-built obstacle course in Argentina. The new challenges faced by contestants this time around include the Dreadmill and a more fearsome Sweeper, with the top three finalists from each episode competing to be crowned Champion of Champions in the last show of the series. With cash prizes at stake, the heat is on and Amanda Byram will be trackside to catch all the action. Presented by Richard Hammond. (R) (T)
6.30 So You Think You Can Dance. Cat Deeley hosts the search for a new dance star. Nigel Lythgoe, Arlene Phillips and Louise Redknapp judge the contestants in the second of the live finals. (T)
7.30 The National Lottery: In It to Win It. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize. Includes the Lotto, Dream Number and Thunderball draws. (T)
8.20 So You Think You Can Dance. Cat Deeley presents a dance-off between the two lowest-scoring couples, before the judges decide which of them to send out of the competition. With a performance by Alexandra Burke. (T)
8.50 Casualty. A comatose Jessica dreams about her past as Adam and an old friend spend time at her bedside, remembering how her carefree younger self came to be dominated by husband Sean. (T)
9.40 Live at the Apollo. Jason Manford hosts the comedy show from the Hammersmith Apollo, and introduces funnyman Michael McIntyre to centre stage. (R) (T)
10.10 BBC News; Weather. (T)
10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes including Manchester United v Burnley, Chelsea v Sunderland and Everton v Manchester City; (T) National Lottery Update. (T)
11.50 The Football League Show. Manish Bhasin presents highlights and all the goals from today's fixtures in the Championship, League One and League Two, including Nottingham Forest v Reading. (T)
1.05 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.10 BBC News. (T)

QUICK
PROPERTY SEARCH
www.the-news.net

Pick of the Day

CSI: NY, Five, 9.40pm
Sat Navs can be a wonderful thing, as long as you don't follow them without question. It's the final mistake healthcare CEO Aaron Dexter makes when his device 'malfunctions' and leaves him stranded in a dangerous neighbourhood. While attempting to drive away from the area, the car engine suddenly fails, Dexter is attacked and brutally murdered. By the time the CSIs arrive at the scene, the car has been stripped bare. Hawkes confirms the cause of death as a gunshot wound to the chest. Back at the lab, Lindsay and Hawkes find a print from the killer on the car door frame and apprehend him. However, the plot thickens when Stella speaks to Dexter's wife and discovers he was given the wrong directions. It turns out this was no random malfunction. Adam discovers Dexter's GPS was hacked and the engine of the car was shut down remotely. In a restaurant across town, oncologist Jeff Evans suffers an allergic reaction to his food and nearly dies. Mac and Flack later find the restaurant's computer system has also been hacked — not only was Evans's food order altered to include peanut dressing, the emergency call was also hijacked. Can the team find the hi-tech brains behind the cases before they strike again? Gary Sinise stars.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 FILM: Getting There (2002). Teen comedy adventure, starring Mary-Kate and Ashley Olsen. (T) 11.05 Popstar to Operastar. (R) (T) 12.35 News and Weather. (T) 12.44 London Weather. (T) 12.45 FILM: Like Mike (2002). Children's adventure, starring Bow Wow. (T) 2.35 FILM: Wild Wild West (1999). Sci-fi Western comedy, starring Will Smith. (T) 4.25 Creature Comforts. (R) (T) 4.40 London Tonight; Weather. (T) 4.55 ITV News and Weather. (T)

5.10 FILM: Nanny McPhee (2005). Period fantasy, starring Emma Thompson. (T)
7.00 Harry Hill's the Best of TV Burp. Classic clips, skits and quips from previous series, including the Amish version of TV Burp, Strictly Come Dancing launching a craze for playing a woman's leg like a guitar, and Ray Mears going walkabout - in a car. Plus, Harry is struck down with "Brucie Syndrome" and Dermot O'Leary drops by to give the big-collared comedian a hug. (T)
7.30 Take Me Out. A male model, a cocktail flarer and a muscle-bound gymnast are among the eligible bachelors trying to impress 30 single women. Last week's couples also go on their dates, discovering whether they are a match made in heaven or hell. Paddy McGuinness presents. (T)
8.30 All Star Mr & Mrs. Match of the Day host Gary Lineker and wife Danielle, broadcaster Michael Buerk and wife Christine, and TV presenter Kirsty Gallacher and partner Paul Sampson take part in the show, revealing how much they know about each other in an effort to win #30,000 for their chosen charity. Fern Britton and Phillip Schofield host. (T)
9.30 FILM: Bridget Jones's Diary (2001). A single woman begins a new year by resolving to find love and give up her bad habits. Romantic comedy, starring Renee Zellweger and Hugh Grant. (T)
11.20 ITV News and Weather; Weather. (T)
11.35 FILM: Blue Crush (2002). Surfing drama, starring Kate Bosworth and Matthew Davis. (T)
1.35 FILM: The Paper (1994). Newsroom comedy drama, starring Michael Keaton; (T) ITV News Headlines. 3.30 Six Degrees. (R) (T) 4.15 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.10 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) Leon. (T) 8.00 Richard Hammond's Blast Lab. (R) (T) 8.30 Jump Nation. (T) 9.30 Prank Patrol. (T) 10.00 Ed and Oucho's Excellent Inventions. (T) 10.30 Keep Your Enemies Close. (T) 11.00 The Slammer. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 Greek. (T) 12.45 BBC Switch: The Season. (T) 1.15 BBC Switch: The 5:19 Show. (T) 1.35 BBC Switch: The Cut. (R) (T) 2.00 Animal Park. (T) 2.45 FILM: Alvarez Kelly (1966). American Civil War Western, starring William Holden. (T) 4.30 Live Snooker: The Masters. The conclusion of the opening semi-final. (T) 6.00 A History of Christianity. (T) 7.00 Empire of the Seas: How the Navy Forged the Modern World. The role of the Royal Navy in the development of Britain. (R) (T) 8.00 The Legacy of Lawrence of Arabia. Part one of two. Historical lessons about Western interventions in the Middle East. (T) 9.00 Live Snooker: The Masters. Hazel Irvine is joined by Steve Davis and John Parrott for coverage of the second semi-final of the non-ranking event at Wembley Arena, as the line-up for the final is decided. Subsequent programmes subject to change. (T) 10.30 Heroes. (T) 11.15 QI XL. (T) 12.00 The Persuasionists. (R) (T) 12.30 Snooker: The Masters. (T) 1.20 FILM: The Entertainer (1960). John Osborne's drama, starring Laurence Olivier. (T) (bw) 3.00 Close.

C4

6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 7.00 Freesports on 4. (R) (T) 7.30 World Sport. (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.35 T4: Friends. (R) (T) 10.10 T4: A Diary of the Saturdays: A T4 Special. (T) 10.45 T4: Pink: Funhouse Live. (R) 11.55 T4: Celebrity Big Brother. (R) (T) 12.55 T4: Celebrity Big Brother. (R) (T) 1.25 T4: Scrubs. (R) (T) 2.00 Channel 4 Racing from Warwick and Kempton Park. Including the 3.40 totesport.com Classic Chase (H'cap) (3m 5f). (T) 4.00 Come Dine with Me Extra Portions. (R) (T) 4.30 Come Dine with Me Extra Portions. (R) (T) 5.00 Come Dine with Me Extra Portions. (R) (T) 5.35 Come Dine with Me Extra Portions. (R) (T) 6.05 Channel 4 News. (T) 6.35 FILM: The Parent Trap (1998). Separated twin sisters meet for the first time by accident and try to reunite their parents. Comedy remake, starring Dennis Quaid and Lindsay Lohan. (T) 9.00 Celebrity Big Brother. More from the star-filled house as the inmates cope with the pressures of being locked up together 24 hours a day. (T) 10.00 FILM: Om Shanti Om (2007). Premiere. A reincarnated actor seeks out the man responsible for his death. Bollywood musical fantasy, starring Shahrukh Khan and Deepika Padukone. 1.10 Big Brother's Big Mouth. 2.05 Celebrity Big Brother: Live. 3.55 Scrapheap Challenge. (R) (T) 4.50 Countdown. (R) (T) 5.35 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.30 Milkshake Monkey. (R) (T) 7.35 Chiro. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Milkshake! Bop Box. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Mr Men Show. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 Big, Bigger, Biggest. (R) (T) 12.00 FILM: My Dog Skip (2000). Fact-based coming-of-age drama, with Frankie Muniz. (T) 1.45 FILM: A Stranger to Love (1996). Drama, starring Beau Bridges. (T) 3.35 FILM: The Adventures of Quentin Durward (1955). Period drama, starring Robert Taylor. (T) 5.40 Five News. (T) 5.45 FILM: Brannigan (1975). Detective thriller, starring John Wayne. (T) 7.50 NCIS. A model is killed while filming a reality TV show at a Marine base, and inquiries point the team toward three suspects - but it later transpires one of them has also been murdered. (R) (T) 8.45 CSI: Crime Scene Investigation. Warrick and Nick investigate the death of a man who was apparently thrown from the top of a six-storey building, while Catherine solves a murder arising from a neighbourhood feud. (R) (T) **9.40 CSI: NY.** A murderer uses electronic equipment to kill his victims. (T) 10.40 Law & Order: Special Victims Unit. (R) (T) 11.40 Women Who Kill. (R) (T) 12.10 SuperCasino. 4.05 Motorsport Mundial. 4.30 Motorsport Mundial. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

(R) - repeat programme;
(T) - programme w/ tele text subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1410 Top+ 1530 The Vampire Diaries, series 1630 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 2345 Carga Pesada 0030 Film 0215 Top+ 0330 Telesales 0530 Euronews
RTP2
0700 Euronews 0800 África 7 Dias 0830 Noticias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1340 Corto Maltese 1400 Parlamento 1500 Sports 1900 Artes de Rua 1930 City Folks 2009 2000 Bastidores 2030 Bombordo 2100 Documentary 2200 News 2240 Film 0030 Film 0230 Sports 0630 Euronews
SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1500 Film 1630 Film 1800 Ídolos 2000 News 2130 Perfeito Coração 2245 Não Há Crise 0000 Film 0215 Quando o Telefone Toca 0430 Ciranda de Pedra
TVI
0700 Children TV 0930 Campeões e Detectives 1030 Hannah Montana 1115 Inspector Max 1215 Deluxe 1300 News 1400 Film 1615 Film 1815 Film 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2330 Ele é Ela 0030 The Contractor, film 0230 Sempre a Somar 0400 The Office, series 0430 The Shield, series 0530 Telesales

Best of the Rest

BBC3
7.00 Most Annoying People 2009 7.20 Top Gear 8.20 The Real Hustle Undercover 8.50 Film: Ice Princess U (2005) 10.25 Family Guy 10.45 Family Guy 11.10 Film: The Incredibles U (2004) 1.00 Being Human 2.00 Stag Weekends: The Dirty Secrets 3.00 The Real Hustle Undercover 3.30 Most Annoying People 2009 4.25 Being Human 5.25 Close
BBC4
7.00 The Scarlet Pimpernel 8.30 The Secret Life of Chaos 9.30 Clement Freud - In His Own Words 10.30 Nurse Jackie 11.00 The Armstrong & Miller Show 11.30 The Thick of It 12.00 BBC Proms 2009 2.00 Clement Freud - In His Own Words 3.00 The Secret Life of Chaos 4.00 Close
ITV2
1.35 ITV at the Movies 2.05 Holiday Airport 3.10 American Idol 5.05 American Idol 6.40 Film: The Mummy Returns 12 (2001) 9.00 Film: Analyze That 15 (2002) 11.10 Film: The World Is Not Enough 12 (1999) 1.40 Harry Hill's the Best of TV Burp 2.10 The Office: An American Workplace 2.30 The Office: An American Workplace 2.50 The Office: An American Workplace 3.15 The Office: An American Workplace 3.35 Teleshopping 5.35 ITV2 Nightscreen
Sky1
1.00 Got to Dance 2.00 Fat Families 3.00 UK Border Force 4.00 Bill Bailey's Birdwatching Bonanza 5.00 Got to Dance 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 Film: The Mummy 12 (1999) 11.20 Bill Bailey's Birdwatching Bonanza 12.20 Road Wars 1.20 UK Border Force 2.15 Road Wars 3.05 Crash Test Dummies 3.55 Football Behind Bars 4.45 Hello Goodbye 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.20 The Good Life 2.00 The Good Life 2.40 The Good Life 3.20 The Good Life 4.00 The Good Life 4.40 The Good Life 5.20 The Good Life 6.00 The Good Life 6.40 Only Fools and Horses 8.00 Film: Zoolander 12 (2001) 9.45 Film: Starsky & Hutch 15 (2004) 11.40 The Comic Strip Presents 12.15 The Comic Strip Presents 1.00 The Thin Blue Line 1.40 The Comic Strip Presents 2.10 The Comic Strip Presents 2.45 Starstruck Classics 2.50 Close Up 3.00 Close
TCM
1.05 The Old Man and the Sea U (1958) 3.00 Gypsy PG (1962) 5.50 The Screening Room 6.25 The Spirit of St Louis U (1957) 9.00 Criminal Law 18 (1989) 11.20 The Screening Room 11.50 The Little Girl Who Lives Down the Lane 15 (1976) 1.30 So Fine 15 (1981) 3.00 Teleshopping 5.00 The Old Man and the Sea U (1958)
The Disney Channel
Kids' programmes from 7am, except: 1.35 Film: High School Musical 2 U (2007) Sequel to the teen musical, starring Zac Efron. 4.00 Film: Pixel Perfect PG (2004) Family comedy, starring Ricky Ullman.

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MOVIES

Sky Movies Drama

6.00 Front of the Class 12 (2008) 7.45 I Could Never Be Your Woman 12 (2007) 9.30 One True Thing 15 (1998) 11.40 Coyote Ugly 12 (2000) With Piper Perabo. 1.25 Across the Universe 12 (2005) With Evan Rachel Wood. 3.40 Lions for Lambs 15 (2007) With Robert Redford. 5.25 Cast Away 12 (2000) With Tom Hanks. 8.00 Defiance 15 (2008) With Daniel Craig. 10.20 Vantage Point 12 (2008) With Dennis Quaid. 12.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 1.50 The Postman Always Rings Twice 18 (1981) With Jack Nicholson. 4.00 Pride and Prejudice PG (2003)

Sky Movies Comedy

6.20 King Ralph PG (1991) 8.00 Shrek U (2001) 9.35 The Game Plan U (2007) 11.30 Yes Man 12 (2008) With Jim Carrey. 1.20 Lovewrecked PG (2005) With Amanda Bynes. 2.50 Role Models 15 (2008) With Paul Rudd. 4.35 American Pie 2 15 (2001) With Jason Biggs. 6.25 Shrek U (2001) With Mike Myers. 8.00 Yes Man 12 (2008) With Jim Carrey. 10.00 Role Models 15 (2008) With Paul Rudd. 11.45 Zack and Miri Make a Porno 18 (2008) With Seth Rogen. 1.30 American Pie 2 15 (2001) With Jason Biggs. 3.20 Zack and Miri Make a Porno 18 (2008) 5.05 King Ralph PG (1991)

Sky Movies Action/Thriller

6.15 Predator 2 18 (1990) 8.15 Babylon AD 15 (2008) 10.00 35MM 10.30 Transformers 12 (2007) 1.00 88 Minutes 18 (2007) With Al Pacino. 3.00 Street Kings 15 (2008) With Keanu Reeves. 4.55 Babylon AD 15 (2008) With Vin Diesel. 6.30 Transformers 12 (2007) With Shia LaBeouf. 9.00 Shaft 18 (2000) With Samuel L Jackson. 10.45 Wanted 18 (2008) With James McAvoy. 12.40 Street Kings 15 (2008) With Keanu Reeves. 2.35 The Game 15 (1997) With Michael Douglas. 4.50 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Premier League Preview 7.30 Football League Weekend 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Stoke City v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.45 Live European Rugby Union. Leinster v Brive (Kick-off 6.00pm). 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live Test Cricket. Australia v Pakistan. 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 ICC Under-19s World Cup Cricket 5.30 USPGA Tour Golf 6.55 Live Spanish Football. Athletic Bilbao v Real Madrid (Kick-off 7.00pm). 9.00 Live Spanish Football. Barcelona v Sevilla (Kick-off 9.00pm). 11.00 Max Power 12.00 Live USPGA Tour Golf. The Sony Open in Hawaii. 3.30 Spanish Football 5.00 World Sport 5.30 FIFA Futbol Mundial

Sky Sports 3

6.00 Sports Unlimited 7.00 Friday Fight Night 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live European Rugby Union. Treviso v Munster (Kick-off 1.35pm). 3.30 Live European Rugby Union. Cardiff Blues v Sale Sharks (Kick-off 3.45pm). 5.45 Sky Sports Classics 6.00 Kiteboarding 6.30 Test Cricket 7.30 Test Cricket 9.30 Live NFL. New Orleans Saints v Arizona Cardinals (Kick-off 9.30pm). 1.00 Live NFL. Indianapolis Colts v Baltimore Ravens (Kick-off 1.15am). 4.30 Kiteboarding 5.00 Max Power

British Eurosport

7.30 Ski Jumping 8.00 Live Ski Jumping. World Cup coverage from Sapporo in Japan. 9.45 Wintersports: Breaking the Ice 10.00 Live Cross-Country Skiing. World Cup coverage from Otepaa in Estonia. 11.00 Biathlon 11.30 Alpine Skiing 12.45 Live Alpine Skiing. The women's World Cup meeting from Maribor, Slovenia. 2.00 Live Biathlon. World Cup coverage from Ruhpolding in Germany. 3.00 Cross-Country Skiing 3.40 Wintersports Weekend 3.45 Live African Cup of Nations. Nigeria v Benin (Kick-off 4.00pm). 4.50 Dakar Rally 5.00 Live African Cup of Nations. Nigeria v Benin. 6.00 African Cup of Nations 6.15 Live African Cup of Nations. Mozambique v Egypt (Kick-off 6.30pm). 8.30 African Cup of Nations 8.45 African Cup of Nations 10.00 Dakar Rally 10.45 Trial Bikes 12.15 Dakar Rally 1.05 Wintersports Weekend 1.10 Close

Sky Sports 4

6.00 Tight Lines 7.00 Elite League Ice Hockey 9.00 USPGA Tour Golf 10.30 Live European Tour Golf. The Joburg Open. 2.30 USPGA Tour Golf 4.00 Max Power 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 European Tour Golf 10.00 WWE: Late Night - Superstars 11.00 Snow Ride 11.25 Live Test Cricket. Australia v Pakistan.

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 'Allo 'Allo! (R) (T) 2.05 Murder, She Wrote. (R) (T) 2.55 EastEnders. (T) 4.50 Lifeline. (T)

5.00 Songs of Praise. Diane Louise Jordan visits Hampstead Garden Suburb in London. There are hymns from the parish church of St Jude-on-the-Hill, as well as a performance by singer Rhydian Roberts. (T)
5.35 BBC News; Regional News; Weather. (T)
6.00 Countryfile. Matt Baker and Julia Bradbury visit Jersey, where they lend a hand with potato planting and learn about the renovation of the island's infamous war tunnels. Including Weather for the Week Ahead. (T)
7.00 Antiques Roadshow. Valuations from the motor racing museum at Brooklands, near Weybridge in Surrey. Items include a set of books once owned by Winston Churchill and a bracelet given to Queen Victoria. (T)
8.00 Lark Rise to Candleford. Daniel returns to Candleford in a bid to win back Laura, but the locals are not in a forgiving mood - and Emma demands he leaves Lark Rise for good. Meanwhile, Thomas is delighted to learn that the bishop is going to consecrate the new church font, but his joy is short-lived when Queenie spots a local tree beginning to "bleed". Rumours of witchcraft spread through the town, and a series of strange occurrences forces the panicking postman to take drastic action. (T)
9.00 Wallander. The detective investigates the meticulously planned murder of an elderly birdwatcher, and begins to suspect that he is on the trail of a vengeful serial killer when another man is reported missing. However, the case is jeopardised when he becomes too close to one of the key suspects. Drama, starring Kenneth Branagh, Sarah Smart, David Warner, Tom Hiddleston, Saskia Reeves and Dudley Sutton. Last in the series. (T)
10.30 BBC News; Regional News; Weather. (T)
10.55 Match of the Day 2. Adrian Chiles presents highlights of today's Premier League fixtures, featuring Aston Villa v West Ham United at Villa Park and Bolton Wanderers v Arsenal at the Reebok Stadium. (T)
11.55 FILM: Amistad (1997). Historical drama, with Anthony Hopkins; (T) Weatherview. (T)
2.25 Sign Zone: Holby City. (R) (T) 3.25 Sign Zone: The Choir: Unsung Town. (R) (T) 4.25 BBC News. (T)

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Pick of the Day

Wallander, BBC1, 9pm
You probably won't be surprised to learn that there's a gruesome murder at the heart of this, the final edition of the series. Or that the central character's private life continues to be a mess. Not that we're saying it's repetitive, because the Swedish-set crime drama remains one of the most compelling and original programmes to grace the small screen. In fact, we'd even go as far as to say that we're desperately hoping Kenneth Branagh will be back for more after he and Tom Hiddleston (who plays Martinsson) have completed their work on the big screen adaptation of Thor. Anyway, back to that gruesome murder. This time, it involves the death of an elderly birdwatcher who has been impaled on a trap of sharpened bamboo poles — so make sure you're not eating when the mess is revealed, because it ain't a pretty sight. After another man is reported missing, Wallander begins searching for a link between the two, and it begins to dawn on him that he's on the trail of a serial killer hellbent on revenge. The detective puts his personal life on hold so he can concentrate on finding out whodunnit, and ends up becoming dangerously close to a key suspect. Phyllis Logan co-stars alongside Branagh as Wallander's often mentioned but never previously seen estranged wife Inga.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (T) 11.35 News and Weather. (T) 11.39 London Weather. (T) 11.40 FILM: Gambit (1966). Crime comedy, starring Michael Caine and Shirley MacLaine. (T) 1.45 FILM: Columbo: An Exercise in Fatality (1974). Crime drama, guest starring Robert Conrad. (T) 3.45 Agatha Christie's Poirot. (R) (T)

5.45 London Tonight; Weather. (T)
6.00 ITV News and Weather. (T)
6.15 Harry Hill's the Best of TV Burp. Classic clips and skits from previous series, including the Amish version of TV Burp and Strictly Come Dancing launching a craze involving a woman's leg being played like a guitar. (R) (T)
6.45 Dancing on Ice. The male contestants - Mikey Graham, Gary Lucy, Bobby Davro, Danny Young, Hilary Jones, Kieron Richardson and Jeremy Sheffield - put their training with Jayne Torvill and Christopher Dean into practice as they perform routines and battle for viewers' votes. Commenting on their efforts are judges Emma Bunton, Robin Cousins, Nicky Slater, Karen Barber and Jason Gardiner. Phillip Schofield and Holly Willoughby present. The results can be seen at 9.30pm. (T)
8.30 Wild at Heart. Danny begins to have a crisis about his age after hurting his back, and feels worse when a young hot-shot vet takes a shine to Alice. However, he later has a chance to prove himself when a lioness's life hangs in the balance, and an apology from Rowan goes some way to improving things. Meanwhile, Caroline puts Du Plessis in charge of organising their honeymoon and is delighted with the results - until they meet an unfriendly hotel manager. Drama, starring Stephen Tompkinson, Dawn Steele, Hayley Mills and Deon Stewardson. (T)
9.30 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby introduce the Saturdays performing their new single Ego and the two couples who have gained the least support from viewers skate again to stay in the competition - with the judges deciding which male contestant and professional partner have performed for the final time. (T)
10.00 ITV News and Weather; Weather. (T)
10.15 FILM: Children of Men (2006). Premiere. In a future stricken by mass infertility, a man tries to protect the only pregnant woman in the world. Thriller, starring Clive Owen. (T)
12.10 Nightwatch with Steve Scott: Crime. (R) (T) 1.00 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.55 Dating the Enemy. (R) (T) 2.20 The Winter Freeze: Tonight. (R) (T) 2.50 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Dennis and Gnasher. (R) (T) 7.40 The Basil Brush Show. (R) (T) 8.05 Jinx; (R) (T) Leon. (T) 8.30 Dani's House. (R) (T) 9.00 Tracy Beaker Returns. (T) 9.30 ROY. The cartoon boy plans to busk for a charity drive. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Escape to the Country. (R) (T) 12.15 FILM: The Way to the Stars (1945). World War Two drama, starring John Mills. (T) (bw) 2.00 Live Snooker: The Masters. The opening session of the final. (T) 4.45 Ski Sunday. (T) 5.15 FILM: The Three Musketeers (1993). Swashbuckling adventure, starring Kiefer Sutherland. (T) 6.55 Top Gear. (R) (T) 8.00 Live Snooker: The Masters. Steve Davis and John Parrott rejoin Hazel Irvine for the second and concluding session of the final at Wembley Arena in London, a match won by Ronnie O'Sullivan last year. Subsequent programmes subject to change. (T) 11.00 FILM: Massacre in Rome (1973). Fact-based World War Two drama, with Richard Burton. (T) 12.40 BBC News. 0.40 Click. 1.00 BBC News. 1.30 Reporters. 2.00 BBC News. 2.30 Dateline London. 3.00 BBC News. 3.30 Click. 4.00 BBC News. (T) 4.15 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (T) 7.00 Beach Volleyball. (R) (T) 7.55 Adventure Racing. (T) 8.55 T4: The Hills. (R) (T) 9.25 T4: Friends. (R) (T) 10.00 T4: Hollyoaks. (T) 12.35 T4: Celebrity Big Brother. (R) (T) 1.40 T4: Big Brother's Little Brother. (T) 2.45 T4: 90210. (T) 3.40 T4: The Simpsons. (R) (T) 4.20 T4: The Simpsons. (R) (T) 4.50 Deal or No Deal. (T) 5.35 Glee. (T) 6.35 Glee. The club puts on its first performance in front of the school. (T) 7.30 Channel 4 News. (T) 8.00 Celebrity Big Brother. More from the star-filled house as the inmates cope with the pressures of being locked up together 24 hours a day. (T) 9.00 Slumdog Secret Millionaire. Wealthy dentist and entrepreneur Seema Sharma leaves her affluent London lifestyle behind to go undercover in the Indian city of Mumbai, where she experiences the harsh conditions in the slum district of Dharavi. She encounters people and organisations who are trying to help the area's poorest citizens through projects including a mobile school and a toy donation scheme, before revealing her true identity and helping some of the worthiest causes with donations worth tens of thousands of pounds. Part of the Indian Winter season. (T) 10.45 FILM: Dhoom 2 (2006). Thriller sequel, starring Abhishek Bachchan. 1.45 Celebrity Big Brother: Live. 3.55 Dispatches: My Family and Alzheimer's. (R) (T) 4.50 Countdown. (R) (T) 5.35 The Treacle People. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.25 Milkshake Monkey. (R) (T) 7.30 Chiro. (R) (T) 7.35 Make Way for Noddy. (R) (T) 7.50 Milkshake! Bop Box. (R) (T) 7.55 The WotWots. (R) (T) 8.05 Hana's Helpline. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Mr Men Show. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Hannah Montana. (T) 10.35 Wizards of Waverly Place. (T) 11.10 Zoo Days. (R) (T) 11.25 Giant Snake Invasion with Nigel Marven. (R) (T) 12.25 Ice Road Truckers. (R) (T) 1.25 FILM: See Spot Run (2001). Canine comedy, starring David Arquette. (T) 3.15 FILM: Popeye (1980). Musical comedy, starring Robin Williams. (T) 5.00 FILM: Police Academy 5: Assignment Miami Beach (1988). Comedy sequel, starring Bubba Smith. (T) 6.40 Five News. (T) 6.45 FILM: McQ (1974). A detective out to bring his partner's killers to justice uncovers police involvement in drug deals. Crime thriller, with John Wayne and Eddie Albert. (T) 9.00 FILM: US Marshals (1998). A federal agent hunts down an escaped murder suspect, but begins to doubt his quarry's guilt. Thriller sequel, with Tommy Lee Jones and Wesley Snipes. (T) 11.35 America's Toughest Prisons. (R) (T) 12.35 Crime Scene Academy. (R) (T) 1.05 SuperCasino. 4.05 Motorsport Mundial. 4.30 Motorsport Mundial. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1300 News 1415 Só Visto! 1515 Robin Hood, series 1645 O Último Passageiro 1830 Jogo Duplo 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2230 Film 0100 Hora da Sorte: Sorteio do Joker 0115 Film 0300 Só Visto 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0735 Áfric@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 0950 Nós 1045 Artes de Rua 1135 Consigo 1200 Vida Por Vida 1225 Olhar o Mundo 1300 Biosfera 1400 Iniciativa 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e a Gente 2020 The Simpsons 2100 Documentary 2200 News 2230 Câmara Clara 2340 Documentary 0040 Onda Curta 0130 Sports 0515 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 NCIS: Los Angeles 1545 Film 1800 Film 2000 News 2115 Perfeito Coração 2215 Ídolos 0015 Film 0215 Quando o Telefone Toca

TVI
0700 Children's TV 0900 Smackdown, wrestling 1015 Inspector Max 1115 Mass 1300 News 1400 Film 1615 Film 1815 Film 2000 News 2115 Meu Amor 2215 Deixa Que Te Leve 2330 Sentimentos 0030 Against the Ropes, film 0245 Sempre A Somar 0400 The Shield, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Most Annoying People 2009 7.10 Film: Meet the Fockers 12 (2004) 9.00 Being Human 10.00 Heroes 10.45 Family Guy 11.05 Family Guy 11.30 Being Human 12.30 Harper's Island 1.10 Coming of Age 1.40 Almost Famous 3 2.40 Kill It, Cook It, Eat It - Fast Food 3.40 Coming of Age 4.10 Most Annoying People 2009 4.20 Stag Weekends: The Dirty Secrets 5.20 Close

BBC4
7.00 Dear Diary 8.00 Lost Kingdoms of Africa 9.00 Aristotle's Lagoon 10.00 My Family and Other Animals 11.30 Mark Lawson Talks to Imelda Staunton 12.30 Aristotle's Lagoon 1.30 Dear Diary 2.30 Lost Kingdoms of Africa 3.30 Mark Lawson Talks to Imelda Staunton 4.30 Close

ITV2
1.00 The Planet's Funniest Animals 1.15 Harry Hill's the Best of TV Burp 1.45 Film: A Cinderella Story PG (2004) 3.45 Take Me Out 4.50 Dancing on Ice: The Skate Off 5.20 Dancing on Ice Friday 5.50 Film: Small Soldiers PG (1998) 8.00 Film: The World Is Not Enough 12 (1999) 10.30 Film: Troy 15 (2004) 1.40 Dancing on Ice 3.05 Dancing on Ice: The Skate Off 3.30 Teleshopping

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Sky1
1.00 Got to Dance 2.00 Fat Families 3.00 Bill Bailey's Birdwatching Bonanza 4.00 UK Border Force 5.00 The Simpsons 5.30 The Simpsons 6.00 Got to Dance 7.00 Are You Smarter Than Your 10 Year Old? 8.00 Football's Next Star 9.00 Ross Kemp Middle East: Gaza 10.00 Ross Kemp Middle East: Israel 11.00 Golden Globes Red Carpet Live 1.00 Got to Dance 1.50 Football's Next Star 2.40 Road Wars 3.30 Road Wars 4.20 Football Behind Bars 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.00 Porridge 1.40 Porridge 2.20 Porridge 3.00 Porridge 3.40 Only Fools and Horses 5.00 The Magic of Tommy Cooper 6.05 Heroes of Comedy 7.15 Film: Zoolander 12 (2001) 9.00 Film: Starsky & Hutch 15 (2004) 10.55 The Thin Blue Line 11.35 Vic Reeves Big Night Out 12.05 The Magic of Tommy Cooper 1.05 Heroes of Comedy 2.05 Vic Reeves Big Night Out 2.30 The Thin Blue Line 3.00 Close

TCM
1.00 This Woman Is Dangerous PG (1952) 3.00 Wild Wild West 12 (1999) 5.05 Trial by Combat PG (1976) 6.55 Any Wednesday PG (1966) 9.00 Band of Brothers 9.55 Band of Brothers 11.15 Jackie Chan's First Strike 12 (1996) 12.55 Straight Time 18 (1978) 3.00 Teleshopping 5.00 This Woman Is Dangerous PG (1952)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: The Even Stevens Movie PG (2003) Family adventure, starring Shia LaBeouf.

MOVIES

Sky Movies Drama

6.00 Saving Sarah Cain PG (2007) 7.45 The American President 15 (1995) 9.45 The Duchess 12 (2008) 11.45 Things We Lost in the Fire 15 (2007) With Halle Berry. 1.45 Brideshead Revisited 12 (2008) With Matthew Goode. 4.00 A Civil Action 15 (1998) With John Travolta. 6.00 Man of the Year 12 (2006) With Robin Williams. 8.00 The Duchess 12 (2008) With Keira Knightley. 10.00 The Brave One 18 (2007) With Jodie Foster. 12.10 Inserts 18 (1975) With Richard Dreyfuss. 2.10 Crash 18 (1996) With James Spader. 3.55 The Top 10 Show 4.15 On Broadway 12 (2007)

Sky Movies Comedy

6.45 Alvin and the Chipmunks U (2007) 8.20 The Top 10 Show 8.45 Semi-Pro 15 (2008) 10.20 The House Bunny 12 (2008) 12.00 Superhero Movie 12 (2008) With Drake Bell. 1.30 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 3.10 The Accidental Husband 12 (2008) With Uma Thurman. 4.45 Alvin and the Chipmunks U (2007) With Jason Lee. 6.20 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 8.00 The House Bunny 12 (2008) With Anna Faris. 9.45 Superhero Movie 12 (2008) With Drake Bell. 11.15 Semi-Pro 15 (2008) With Will Ferrell. 12.50 The Accidental Husband 12 (2008) With Uma Thurman. 2.30 Miss Pettigrew Lives for a Day PG (2008) With Frances McDormand. 4.15 Housesitter PG (1991)

Sky Movies Action/Thriller

6.35 The Top 10 Show 6.55 Metro 18 (1997) 9.05 Deception 15 (2008) 11.05 Death Race 15 (2008) With Jason Statham. 1.05 Rumble in the Bronx 15 (1995) With Jackie Chan. 2.50 Pale Rider 15 (1985) With Clint Eastwood. 5.00 Deception 15 (2008) With Hugh Jackman. 7.00 Death Race 15 (2008) With Jason Statham. 9.00 Rising Sun 18 (1993) With Sean Connery. 11.15 Con Air 15 (1997) With Nicolas Cage. 1.15 Metro 18 (1997) With Eddie Murphy. 3.25 The Seeker: The Dark Is Rising 12 (2007) 5.15 Knight Rider 2000 12 (1991)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Aston Villa v West Ham United (Kick-off 1.30pm). 3.30 Live Super Sunday. Bolton Wanderers v Arsenal (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Atletico Madrid v Sporting Gijon and Valencia v Villarreal (Kick-off 9.00pm). 10.00 Football Special 11.00 Super Sunday: The Last Word 11.30 Live USPGA Tour Golf. The Sony Open in Hawaii. 3.00 Football Special 4.00 Super Sunday: The Last Word 4.30 European Rugby Union Special 5.30 Kiteboarding

Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Spanish Football 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 Cycling 5.30 NFL Live. Minnesota Vikings v Dallas Cowboys (Kick-off 6.00pm). 9.00 NFL Live. San Diego Chargers v New York Jets (Kick-off 9.40pm). 12.30 Spanish Football 2.30 Close

Sky Sports 3

6.00 Wild Spirits 6.30 Watersports World 7.30 This Week In WWE 8.00 WWE: Afterburn 9.00 WWE Vintage Collection 10.00 NFL 12.00 Kiteboarding 12.30 Live European Rugby Union. Scarlets v London Irish (Kick-off 12.45pm). 3.00 Live European Rugby Union. Northampton Saints v Perpignan (Kick-off 3.00pm). 5.30 This Week In WWE 6.00 WWE: Experience 7.00 Test Cricket 8.00 Test Cricket 10.00 This Week In WWE 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 European Rugby Union Special 1.30 Kiteboarding 2.00 Cycling 2.30 Close

British Eurosport

7.30 Luge 8.05 Alpine Skiing 9.00 Alpine Skiing 10.00 Live Nordic Combined Skiing. The World Cup meeting from Chaux-Neuve in France. 10.45 Luge 11.15 Alpine Skiing 12.15 Alpine Skiing 1.00 Live Nordic Combined Skiing. Further coverage of the World Cup meeting in Chaux-Neuve, France. 1.30 Ski Jumping 2.15 Live Biathlon. World Cup coverage from Ruhpolding in Germany. 3.40 Wintersports Weekend 3.45 African Cup of Nations 4.00 Live African Cup of Nations. Gabon v Tunisia (Kick-off 4.00pm). 6.00 African Cup of Nations 6.15 Live African Cup of Nations. Cameroon v Zambia (Kick-off 6.30pm). 7.20 Dakar Rally 7.30 Live African Cup of Nations. Cameroon v Zambia. 8.30 African Cup of Nations 8.45 Alpine Skiing 9.15 Alpine Skiing 10.00 Dakar Rally 10.45 Wintersports Weekend 10.50 Justine Henin Special 11.00 Australian Open Tennis 12.00 Live Australian Open Tennis. The Grand Slam event gets under way in Melbourne.

Sky Sports 4

6.00 Live Test Cricket. Australia v Pakistan. 7.30 World Sport 8.00 Kiteboarding 8.30 USPGA Tour Golf 10.30 Live European Tour Golf. The Joburg Open. 2.30 Kiteboarding 3.00 NFL 5.00 USPGA Tour Golf 7.00 European Tour Golf 9.00 European Rugby Union Special 10.00 Sailing 11.00 Cycling 11.25 Live Test Cricket. Australia v Pakistan.

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under; (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 OOglies. (R) (T) 4.05 Sorry, I've Got No Head. (R) (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)
8.00 EastEnders. The Mitchells prepare for the reopening of the Vic as Peggy struggles to accept that Roxy is now in control of the pub. Jane tries to persuade Ian to buy Janine's silence and protect their future, but he later receives a visit from DCI Marsden, while Pat is delighted by news of Ricky and Bianca's engagement. (T)
8.30 Panorama. In-depth current affairs reports covering the stories behind the headlines. Presented by Jeremy Vine. (T)
9.00 Hustle. When a notorious hardman demands #500,000 from Albert by the end of the week, the team tries to raise the cash by targeting a playboy in possession of a gold tiger worth a vast amount of money. Emma is sent to persuade the owner to lend the item to a major museum, in the hope the gang can steal it, but an impenetrable vault causes complications. Guest starring former Doctor Who star Colin Baker and Lolita Chakrabarti. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Britain's Really Disgusting Food. New series. Stand-up comedian Alex Riley searches for unpleasant food, beginning with meaty snacks. Previously shown on BBC3. (T)
11.35 Late Kick Off. New series. A round-up of the weekend's Football League action, featuring all the goals and reaction to matches involving local clubs, along with behind-the-scenes reports and archive footage; (T) Weatherview. (T)
12.10 Sign Zone: Delia Through the Decades. (R) (T) 12.40 Sign Zone: Great British Railway Journeys. (R) (T) 1.10 Sign Zone: Survivors. (R) (T) 2.10 Sign Zone: Who Do You Think You Are? (R) (T) 3.10 Sign Zone: Who Do You Think You Are? (R) (T) 4.10 BBC News. (T)

Pick of the Day

Gordon's Great Escape, CH4, 9pm
At some point, Gordon Ramsay's head will explode. It's impossible to sustain that level of excitement and anger without blowing a blood vessel. But before that happens (and it may well be while watching Dancing on Ice) he's got another feast of food lined up for us, which raises the question of when the poor man actually sleeps. In this new three-part series, part of Channel 4's Indian Winter season, Gordon travels to India for the first time to experience the stunning diversity of its culinary traditions, immersing himself in all aspects of Indian culture, no matter how challenging, unfamiliar or extreme. His epic journey showcases the country's stunning scenery, diverse people and an abundance of delicious, mouth-watering food. In the first programme, Gordon's odyssey begins in the north of India, home of our curry house classics. On board an express train he's thrown in at the deep end cooking for its many passengers in the train's cramped pantry car. Later, he meets his match working for a cantankerous royal chef, preparing a biryani with a difference for a huge wedding feast, before venturing into the jungle where he gets eaten alive by ants when he scales a 40-foot tree in search of the local tribe's favourite delicacy.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Charity causes trouble at work, and Maisie is heartbroken to find Ryan turning back to Katie. Ashley gives Sally an ultimatum, and Viv wastes little time gossiping about the Wyldes. (T)
7.30 Coronation Street. On the second anniversary of Vera's death, Molly prepares to tell Tyrone she is leaving him. Sian's father turns up on the street in a rage after discovering that his daughter is sleeping with Ryan, David plots to put off a couple of potential buyers interested in No 8, and Becky reaches the end of her tether when Steve buys a new set of golf clubs. (T)
8.00 The Lakes. Rory McGrath catches up with Amanda Davies as time runs out on her plan to open a tea room in Windermere. He also meets a family overcoming tragedy to ensure a festival takes place. (T)
8.30 Coronation Street. Tyrone watches helplessly as Molly walks out on him. Kevin tries to ignore events across the street and focus on Sally's cancer, and Lloyd warns Steve he is throwing his life away. (T)
9.00 Law & Order: UK. Brooks and Devlin investigate when the body of missing 10-year-old Jodie Gaines is found in a skip. The pair immediately identify two main suspects - a taxi driver who claims to have dropped the girl off at her guitar lesson, and the teacher who swears she never arrived. The case then takes an unexpected turn, leaving Steel and Phillips with the toughest choices of their careers. Dervla Kirwan guest stars, alongside Bradley Walsh, Jamie Bamber and Freema Agyeman. (T)
10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: On Deadly Ground (1994). Ecological thriller, starring Steven Seagal. (T)
12.35 Take Me Out; (R) (T) ITV News Headlines. 1.25 Loose Women. (R) (T) 2.15 The Jeremy Kyle Show. (R) (T) 3.10 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Ajay. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Victorian Scotland. (T) 11.20 Maths Channel. (T) 11.30 Primary Literacy. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Live Bowls. The third round of the World Indoor Championships. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 A History of the World: Culture Show Special. A project focusing on the span of human history through 100 objects. (T) 8.00 University Challenge. Imperial College, London, takes on Edinburgh. (T) 8.30 Delia Through the Decades. Delia Smith looks back on the 1970s. (T) 9.00 The British Family. The impact of the sexual revolution. (T) 10.00 Nurse Jackie. A man is attacked by his date's ex-husband. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 American Football. (T) 12.20 Bowls Extra. (T) 1.20 BBC News. (T) 4.10 Close.

C4

6.10 The Hoobs. (R) (T) 6.40 Big Brother's Little Brother. (R) (T) 7.35 Celebrity Big Brother. (R) (T) 8.30 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.10 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 The TV Book Club. (T) 12.35 Burgh Island: Checking Into History. (R) (T) 12.50 Back to You. (R) (T) 1.25 FILM: D-Day, The Sixth of June (1956). World War Two drama, starring Robert Taylor and Richard Todd. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Wogan's Perfect Recall. (T) 5.25 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 Celebrity Big Brother. The first of two shows from the celebrity-filled house, including highlights from the previous 24 hours. (T) **9.00 Gordon's Great Escape.** New series. Chef Gordon Ramsay embarks on a culinary journey across India to learn how to authentically prepare the signature dishes of the country. He begins his journey on an express train in the north, where he cooks for the passengers in the cramped pantry car. He then caters for a large wedding, before venturing into the jungle and scaling a 40ft tree in search of a local tribe's favourite delicacy. Part of the Indian Winter Season. Continues tomorrow. (T) 10.20 Celebrity Big Brother. (T) 10.50 Slumdog Secret Millionaire. (R) (T) 12.40 FILM: Jodhaa Akbar (2008). Indian historical drama, starring Aishwarya Rai. 4.20 FILM: Innocents in Paris (1953). British comedy, starring Alastair Sim. (T) (bw)

FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Hana's Helpline. (R) (T) 6.55 Family! (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Chiro. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Megastructures. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Murder at the Presidio (2005). Detective thriller, starring Lou Diamond Phillips. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quitters. New series. Five well-known faces try to give up smoking; (T) 7.30 Five News Update. (T) 8.00 Police Interceptors. The team pursues a stolen 4x4; (R) (T) 8.00 Five News at 9. 9.00 Paul Merton in Europe. The comedian explores Germany and Ireland. (T) 10.00 FILM: Bram Stoker's Dracula (1992). The vampire count travels to London to find the reincarnation of his dead bride. Francis Ford Coppola's horror, starring Gary Oldman and Winona Ryder. (T) 12.25 Urban Legends. (R) (T) 1.00 SuperCasino. 4.05 Divine Designs. (R) (T) 4.30 Divine Designs. (R) (T) 4.55 County Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1520 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notas Soltas 2120 Salvador 2150 Jogo Duplo 2250 Prós e Contras 0100 Documentary Series 0215 Amor e Intrigas 0400 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1640 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2030 Two and a Half Men, series 2050 National Geographic 2145 A Hora da Sorte 2200 News 2240 The Mentalist, series 2330 Dexter, series 0030 5 Para A Meia Noite 0130 Universidades 0200 Eurodeputados 0245 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 Grande Reportagem Sic 2200 Perfeito Coração 2315 Viver a Vida 0030 CSI: Miami, series 0115 Criminal Minds, series 0245 Quando o Telefone Toca 0430 Ciranda de Pedra
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Film 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The Real Hustle Undercover 8.30 Only Stwpd Cowz Txt N Drive 9.00 Gavin & Stacey 9.30 Little Britain 10.00 EastEnders 10.30 Being Human 11.30 Family Guy 11.50 Family Guy 12.15 Gavin & Stacey 12.45 Little Britain 1.15 Being Human 2.15 The Real Hustle Undercover 2.45 Kill It, Cook It, Eat It - Fast Food 3.45 Ballet Boyz - The Rite of Spring 4.45 Coming of Age 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Neil Sedaka: That's When the Music Takes Me 8.30 Only Connect 9.00 Dear Diary 10.00 Mr Pepys' Diary 11.00 The Secrets of the Black Diaries 12.00 Dear Diary 1.00 Neil Sedaka: That's When the Music Takes Me 2.00 Neil Sedaka - All You Need Is the Music 2.45 Only Connect 3.15 Dear Diary 4.15 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 5.00 American Idol 7.00 All Star Mr & Mrs 8.00 The Brit Awards 2010 Launch Party 9.00 Hell's Kitchen USA 10.00 Film: The Fast and the Furious: Tokyo Drift 12 (2006) 12.10 Coronation Street 12.40 Coronation Street 1.10 Emmerdale 1.35 Entourage 2.05 The Office: An American Workplace 2.30 The Office: An American Workplace 2.50 The Office: An American Workplace 3.10 The Office: An American Workplace 3.35 Teleshopping 5.35 ITV2 Nightscreen
Sky1
1.30 Models of the Runway 2.00 Angela and Friends 3.30 Lost 4.30 Malcolm in the Middle 5.00 Got to Dance 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Football's Next Star 9.00 Road Wars 10.00 Golden Globes Highlights 11.00 Avatar: A New Dimension 11.30 Night Cops 12.30 Road Wars 1.30 Road Wars 2.25 Don't Forget the Lyrics 3.20 Cold Case 4.15 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.30 The Good Life 2.10 Only Fools and Horses 4.00 As Time Goes By 4.40 As Time Goes By 5.20 The Good Life 6.00 The Good Life 6.40 The Good Life 7.20 The Good Life 8.00 Only Fools and Horses 9.50 The Vicar of Dibley Top 40 Moments 11.50 Citizen Smith 12.30 Citizen Smith 1.10 The Vicar of Dibley Top 40 Moments 3.00 Close
TCM
1.00 The Train Robbers U (1973) 3.00 Hotel PG (1967) 5.30 The Screening Room 6.10 Serenade U (1956) 8.25 The Screening Room 9.00 The Perez Family 15 (1995) 11.15 Blow Out 18 (1981) 1.20 It! 12 (1967) 3.00 Teleshopping 5.00 The Train Robbers U (1973)
The Disney Channel
Kids' programmes from 7am

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MOVIES

Sky Movies Drama

6.00 Green Card PG (1990) 7.50 Joshua 15 (2007) 9.40 When a Man Loves a Woman 15 (1994) 11.50 The Bucket List 12 (2008) With Jack Nicholson. 1.30 Indecent Proposal 15 (1993) With Demi Moore. 3.30 67th Golden Globes Live Ceremony 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Nights in Rodanthe PG (2008) With Richard Gere. 11.45 Stop-Loss 15 (2008) With Ryan Phillippe. 1.45 Foxfire 18 (1996) With Hedy Burress. 3.45 Sam Churchill: Search for a Homeless Man PG (1998) 5.30 35MM

Sky Movies Comedy

6.00 Stop! Or My Mom Will Shoot PG (1992) 7.30 The Brothers Solomon 15 (2007) 9.10 Baby Mama 12 (2008) 10.50 Stop! Or My Mom Will Shoot PG (1992) 12.20 How to Lose Friends & Alienate People 15 (2008) With Simon Pegg. 2.15 Sex and the City 15 (2008) With Sarah Jessica Parker. 4.45 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 6.15 Baby Mama 12 (2008) With Tina Fey. 8.00 How to Lose Friends & Alienate People 15 (2008) With Simon Pegg. 10.00 Sex and the City 15 (2008) With Sarah Jessica Parker. 12.30 The Brothers Solomon 15 (2007) With Will Arnett. 2.10 Twin Town 18 (1997) With Rhys Ifans. 3.55 Police Academy II: Their First Assignment 15 (1985) 5.30 Continental Divide PG (1981)

Sky Movies Action/Thriller

6.55 Plunkett & Macleane 15 (1999) 8.50 Demolition Man 15 (1993) 11.00 Cleaner 15 (2007) With Samuel L Jackson. 12.45 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 3.00 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 5.15 Demolition Man 15 (1993) With Sylvester Stallone. 7.20 Cleaner 15 (2007) With Samuel L Jackson. 9.00 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 11.05 Rambo 18 (2008) With Sylvester Stallone. 12.40 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 2.50 Body of Evidence 18 (1992) With Madonna. 4.35 Angel Flight Down PG (1996)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 Cycling 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football League. Newcastle United v West Bromwich Albion (Kick-off 7.45pm). 10.15 Time of Our Lives 11.15 Netbusters 11.45 SPL Round-Up 12.15 Soccer AM: The Best Bits 1.15 Football League 2.45 Sports Unlimited 3.45 Watersports World 4.45 Max Power 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Bottom Line 8.00 European Rugby Union Special 9.00 Football Special 10.00 Super Sunday: The Last Word 10.30 Spanish Football 12.30 Football Special 1.30 Super Sunday: The Last Word 2.00 Spanish Football 4.00 Friday Fight Night 6.00 Snow Ride 6.30 Cycling 7.00 Test Cricket 8.00 Test Cricket 10.00 Poker 12.00 Cycling 12.30 Test Cricket 1.30 Test Cricket 3.30 Poker 5.30 Close

Sky Sports 3

11.00 Racing News 11.30 Aerobics Oz Style 12.00 European Rugby Union Special 1.00 NFL 3.00 European Rugby Union Special 4.00 Kiteboarding 4.30 This Week In WWE 5.00 WWE: Raw 7.00 European Tour Golf 8.00 USPGA Tour Golf 9.00 Wonderful World of Golf 10.30 PGA Tour Classic 11.30 Snow Ride 12.00 WWE: Late Night - Bottom Line 1.00 WWE: Late Night - Afterburn 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Snow Ride 4.45 Wild Spirits 5.15 Close

British Eurosport

5.00 Live Australian Open Tennis. Further coverage of the first day from Melbourne. 1.15 Australian Open Tennis 3.30 African Cup of Nations 3.45 Live African Cup of Nations. Angola v Algeria (Kick-off 4.00pm). 6.00 African Cup of Nations 6.15 Game, Set and Mats 6.40 Justine Henin Special 6.45 Bobsleigh 7.15 Bobsleigh 7.45 Bobsleigh 8.30 FIFA World Cup Giants 9.00 FIFA 2010 World Cup Preview 9.30 Eurogoals 10.15 Eurogoals: One to One 10.30 African Cup of Nations 11.15 African Cup of Nations 11.30 Game, Set and Mats 11.55 Justine Henin Special 12.00 Live Australian Open Tennis. The second day's play gets under way in Melbourne.

Sky Sports 4

6.00 Live Test Cricket. Australia v Pakistan. 7.30 Snow Ride 8.00 USPGA Tour Golf 11.30 European Tour Golf 1.30 Snow Ride 2.00 Elite League Ice Hockey 4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Thinking Tackle 6.00 Bass Fishing 7.00 NFL 9.00 Cycling 9.30 Wild Spirits 10.00 Thinking Tackle 11.00 Bass Fishing 12.00 European Tour Golf 1.00 USPGA Tour Golf 2.00 Wonderful World of Golf 3.30 PGA Tour Classic 4.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under; (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 OOglies. (R) (T) 4.05 Deadly 60; (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show about the concerns of the British nation and uncover stories of people in extraordinary circumstances. The series includes regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)
7.30 EastEnders. Ian protests his innocence at the police station and demands to be released, but when DCI Marsden produces a vital piece of evidence against him, his future looks bleak. Meanwhile, Denise fears a new woman may have her eyes on Lucas, and Ronnie comes to a decision about Glenda. The next episode of EastEnders: E20 can be seen online tomorrow from 8.30pm; (T) BBC News; Regional News. (T)
8.00 Match of the Day Live. Manchester City v Manchester United (Kick-off 8.05pm). Gary Lineker presents coverage of the League Cup semi-final first-leg clash at the City of Manchester Stadium. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Ali Abbas: Back to Baghdad. In 2003, during the United States invasion of Iraq, the home of 12-year-old Ali Abbas was hit by a stray American missile. The explosion killed 14 members of the boy's family, and resulted in the loss of his arms. When images of the youngster were beamed around the world, a charity fund was started to bring Ali to Britain for treatment. Six years later, having learned to live with his disabilities, Ali prepares to decide whether he will seek his independence in Britain, or return to his homeland. (T)
11.25Film 2010 with Jonathan Ross. The presenter reviews Scott Hicks' drama The Boys Are Back, starring Clive Owen, and Jim Sheridan's remake of Susanne Bier's Danish drama Brothers. (T)
11.55 The Apprentice USA. The candidates are asked to create adverts for a cruise liner company, and while Synergy forges ahead, poor planning leaves Gold Rush lagging behind. (T)
12.40 The Apprentice USA; (T) Weatherview. (T) 1.30 Sign Zone: See Hear. (R) (T) 2.00 Sign Zone: Andrew Marr's The Making of Modern Britain. (R) (T) 3.00 Sign Zone: Wonderland: I Won University Challenge. (R) (T) 3.40 Sign Zone: Great British Railway Journeys. (R) (T) 4.10 BBC News. (T)

Pick of the Day

Film 2010 with Jonathan Ross, BBC1, 11.25pm
New movie Brothers, which hits multiplexes on January 22 tells the powerful story of two siblings: thirtysomething Captain Sam Cahill (Tobey Maguire) and younger brother Tommy Cahill (Jake Gyllenhaal). Shipped out to Afghanistan, Sam is presumed dead when his Black Hawk helicopter is shot down in the mountains. At home in suburbia, the Cahill family is faced with a shocking void, and Tommy tries to fill in for his brother by assuming newfound responsibility for himself, Grace, and the children. However, there are no prizes for guessing the outcome when it turns out Sam is alive and Tommy and Grace have become an item. This remake of a Danish drama is the latest project for acclaimed Irish director Jim Sheridan, the brains behind My Left Foot and In America. Jonathan Ross takes a look at that project in the first of a new series. He also reviews Clive Owen's single-parent drama The Boys Are Back, directed by Scott Hicks, who also made the Oscar-winning Shine. Plus, the dapper critic presents all the latest movie news and reviews some of the other big releases this week.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Sally resorts to desperate measures to stop Ashley leaving the village, Charity begins preparations for her and Cain's wedding, and Nicola becomes stressed about the christening. (T)
7.30 The Krypton Factor. Four more contestants bid to reach the semi-final as they are tested on their memory, logic and general knowledge, and face the infamous army assault course. Ben Shephard presents. (T)
8.00 Send in the Dogs. Father-and-son dog handlers John and Kevin Tozer join forces with their Alsatians Charlie and Floyd as the Metropolitan Police Dog Unit raids a suspected cannabis den. However, retirement beckons for John's canine companion, leaving 12-month-old Herbie as a possible replacement - if he can make it through basic training to join London's dog squad elite ranks. Narrated by Ken Stott. (T)
9.00 Piers Morgan On. The journalist visits China's largest city, Shanghai, and reveals that it is destined to become the world's greatest economic superpower within the next 20 years. He sails down the Huangpu River, taking in the new skyscrapers springing up on either side, and meets one of the 116,000 millionaires living in the thriving metropolis. Piers also visits the hospital where Chinese people are having folds put in their eyelids to make them look more Western. Last in the series. (T)
10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Doctors and Nurses at War. The skills of the NHS medics at Camp Bastion are pushed to the limit as they deal with the aftermath of a suicide bombing. Narrated by Robert Lindsay. Last in the series. (R) (T)
11.35 Nightwatch with Steve Scott: Crime. Documentary following police officers in their never-ending fight against crime. (R) (T)
12.30 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 1.25 Loose Women. (R) (T) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Ajay. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: BBC Primary Geography. (T) 11.20 KS2 Science Clips. (T) 11.30 Telling Tales. (T) 11.35 Telling Tales. (T) 11.40 Let's Write a Story. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Live Bowls. The third round of the World Indoor Championships. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 This World: Obama and Me. How the lives of two Americans have changed since Barack Obama became president. (T) 8.00 The Hairy Bikers: Mums Know Best. Si King and Dave Myers investigate the nation's favourite pre-bedtime meals, discovering recipes for a Portuguese take on fish and chips, salmon curry and meat and potato pie. (T) 9.00 How Earth Made Us. New series. Iain Stewart studies the effect of the environment on mankind. (T) 10.00 Muslim Driving School. An 18-year-old learner struggles to focus on the road. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 An Island Parish. (R) (T) 11.50 An Island Parish. (R) (T) 12.20 Bowls Extra. (T) 1.20 BBC News. (T) 4.10 Close.

C4

5.50 The Treacle People. (R) (T) 6.00 Big Brother's Little Brother. (T) 6.30 Celebrity Big Brother. (R) (T) 7.30 Celebrity Big Brother. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 Back to You. (R) (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.35 FILM: The Enemy Below (1957). World War Two thriller, starring Robert Mitchum. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Wogan's Perfect Recall. (T) 5.25 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 How to Look Good Naked with a Difference. New series. Gok Wan dispenses style tips to three women with disabilities, beginning with 40-year-old wheelchair-user Tracy Warren from Leicestershire. (T) 9.00 Gordon's Great Escape. Gordon Ramsay heads for north-east India, where he immerses himself in a tribe of meat enthusiasts in Nagaland, and searches for the perfect Assamese dish. Concludes tomorrow. (T) 10.00 Celebrity Big Brother. Highlights of the past 24 hours in the star-filled house. (T) 11.15 The Big Bang Theory. (T) 11.40 8 Out of 10 Cats. (R) (T) 12.10 Late Night Poker. (R) 1.10 Celebrity Big Brother: Live. 4.00 World Sport. (R) (T) 4.30 Ocean Race. (R) (T) 5.20 The Treacle People. (R) (T) 5.30 Sali Mali. (R) (T) 5.35 The Hoobs. (R) (T)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

FIVE

Tuesday 19/01/10

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Hana's Helpline. (R) (T) 6.55 Family! (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Chiro. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Megastructures. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.00 FILM: A Cooler Climate (1999). Drama, starring Sally Field. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quitters. Five well-known faces try to give up smoking; (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. Alex Deborgorski and Hugh Rowland test their skills on the Dalton Highway; (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. A serial killer's son is arrested on suspicion of murder. (T) 10.00 CSI: Miami. The team investigates a petrol-siphoning operation; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 11.55 The FBI Files. (R) (T) 12.55 SuperCasino. 4.05 Divine Designs. (R) (T) 4.30 Divine Designs. (R) (T) 4.55 County Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

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Best of the Rest

BBC3
7.00 The Real Hustle Undercover 7.30 Film: Ice Princess U (2005) 9.00 I Believe in Ghosts: Joe Swash 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.25 Family Guy 11.50 I Believe in Ghosts: Joe Swash 12.45 Coming of Age 1.15 Almost Famous 3 2.15 The Real Hustle Undercover 2.45 Kill It, Cook It, Eat It - Fast Food 3.45 Stag Weekends: The Dirty Secrets 4.45 The Real Hustle Undercover 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Diary of Anne Frank 8.00 Sahara with Michael Palin 9.00 Lost Kingdoms of Africa 9.50 Around the World in 80 Treasures 10.00 We Need Answers 10.30 Newswipe with Charlie Brooker 11.00 Dear Diary 12.00 The Man Who Shot the 60s 1.00 Cage Fighting Women 2.00 Lost Kingdoms of Africa 2.55 We Need Answers 3.25 Lost Kingdoms of Africa 4.15 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 5.30 American Idol 7.00 Take Me Out 8.00 Harry Hill's the Best of TV Burp 8.30 Grimefighters 9.00 Film: Analyze That 15 (2002) 11.05 Film: Forget Paris 12 (1995) 1.10 Emmerdale 1.35 Teleshopping 3.35 The Montel Williams Show 4.15 Teleshopping 5.15 ITV2 Nightscreen
Sky1
1.30 Models of the Runway 2.00 Angela and Friends 3.30 Lost 4.30 Malcolm in the Middle 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Universe 9.00 Film: Stargate: Continuum PG (2008) 10.50 Justin Lee Collins: The Wrestler 11.50 UK Border Force 12.50 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Cold Case 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.00 My Family 1.40 My Family 2.20 Yes Minister 3.00 Yes Minister 3.40 Keeping Up Appearances 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Last of the Summer Wine 6.20 My Family 7.00 My Family 7.40 Yes Minister 8.20 Yes Minister 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.35 Harry Enfield and Chums 11.15 The Thin Blue Line 11.55 Blackadder the Third 12.35 Ruddy Hell! It's Harry and Paul 1.55 The Thin Blue Line 2.30 Ruddy Hell! It's Harry and Paul 3.00 Close
TCM
1.05 A Lion Is in the Streets PG (1953) 3.00 The FBI Story PG (1959) 5.55 Off Set 6.45 Canadian Bacon PG (1995) 8.35 The Screening Room 9.00 Gorky Park 15 (1983) 11.30 Rachel, Rachel 18 (1968) 1.30 Ron Howard: 50 Years in Film 3.00 Teleshopping 5.00 A Lion Is in the Streets PG (1953)
The Disney Channel
Kids' programmes from 7am

The Portugal News has its distribution figures officially audited. Call 707 500 677 for details.

MOVIES

Sky Movies Drama

6.00 The Boy in the Striped Pyjamas 12 (2008) 7.45 Cradle Will Rock 15 (1999) 10.05 In the Land of Women 12 (2007) 11.50 Pictures of Hollis Woods PG (2007) With Jodelle Ferland. 1.35 The Mexican 15 (2001) With Brad Pitt. 3.45 Great Directors Special 4.15 King of the Hill 15 (1993) With Jesse Bradford. 6.00 We Own the Night 15 (2007) With Joaquin Phoenix. 8.00 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 9.45 The Hunting Party 15 (2007) With Richard Gere. 11.30 The Mexican 15 (2001) With Brad Pitt. 1.45 Cradle Will Rock 15 (1999) With Hank Azaria. 4.00 35MM 4.30 Taken Away PG (1996)

Sky Movies Comedy

7.20 35MM 7.50 Royal Flash 15 (1975) 9.35 Wayne's World PG (1992) 11.15 The Top 10 Show 11.30 The Rocker 12 (2008) With Rainn Wilson. 1.15 Disaster Movie 12 (2008) With Matt Lanter. 2.45 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 4.45 Police Academy 4: Citizens on Patrol PG (1987) With Steve Guttenberg. 6.15 Wayne's World PG (1992) With Mike Myers. 8.00 The Rocker 12 (2008) With Rainn Wilson. 9.45 Disaster Movie 12 (2008) With Matt Lanter. 11.15 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 1.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 3.15 Police Academy 4: Citizens on Patrol PG (1987) 4.45 To Be or Not To Be PG (1983)

Sky Movies Action/Thriller

6.20 Airport '77 PG (1977) 8.20 Redbelt 15 (2008) 10.15 Dragon: The Bruce Lee Story 15 (1993) 12.20 Next of Kin 15 (1989) With Patrick Swayze. 2.10 88 Minutes 18 (2007) With Al Pacino. 4.00 Redbelt 15 (2008) With Chiwetel Ejiofor. 5.55 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 8.00 88 Minutes 18 (2007) With Al Pacino. 10.00 Taken 15 (2008) With Liam Neeson. 11.40 Darkman 18 (1990) With Liam Neeson. 1.20 Sliver 18 (1993) With Sharon Stone. 3.10 Taken 15 (2008) 4.50 Airport '77 PG (1977)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 SPL Round-Up 10.00 Football League 11.30 Soccer AM: The Best Bits 12.30 SPL Round-Up 1.00 Football League 2.30 SPL Round-Up 3.00 Netbusters 3.30 Soccer AM: The Best Bits 4.30 Football's Next Star 5.30 Cycling 6.00 A-League 6.30 Revista De La Liga 7.30 Live Scottish Cup Football. A fourth-round replay. 10.15 Carling Cup Football 11.15 Revista De La Liga 12.15 Scottish Cup Football 1.45 Carling Cup Football 2.45 Revista De La Liga 3.45 A-League 4.15 Football Asia 4.45 Carling Cup Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 European Tour Golf 10.00 USPGA Tour Golf 11.00 PGA Tour Classic 12.00 Wonderful World of Golf 1.30 Wild Spirits 2.00 Test Cricket 4.00 Women's Pool 5.00 Sports Unlimited 6.00 Snow Ride 6.30 Cycling 7.00 Airsports World 7.30 Live Greyhound Racing. The Prestige meeting. 10.00 Poker 12.00 Cycling 12.30 Sports Unlimited 1.30 Pool 2.30 Close

Sky Sports 3

6.00 Poker 8.00 Test Cricket 9.00 Test Cricket 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Thinking Tackle 1.00 Bass Fishing 2.00 Snow Ride 2.30 Wild Spirits 3.00 Poker 5.00 WWE: Smackdown 7.00 Sports Unlimited 8.00 Pool 9.00 Cycling 9.30 Snow Ride 10.00 Max Power 11.00 Pool 12.00 BMX Series 12.30 Bass Fishing 1.30 Poker 3.30 Close

British Eurosport

5.00 Live Australian Open Tennis. The second day's play continues in Melbourne. 1.15 Australian Open Tennis 3.30 African Cup of Nations 3.45 TBA 6.00 African Cup of Nations 6.15 Eurogoals Flash 6.25 Game, Set and Mats 6.55 Justine Henin Special 7.00 Planet Armstrong 7.05 Live Figure Skating. The European Championships from Tallinn, Estonia. 9.00 Wintersports: Breaking the Ice 9.15 Dakar Rally 9.55 Australian Open Tennis 11.30 Game, Set and Mats 11.55 Justine Henin Special 12.00 Live Australian Open Tennis. The third day's play gets under way in Melbourne.

Sky Sports 4

4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Bass Fishing 6.00 BMX Series 6.30 Airsports World 7.00 Women's Pool 8.00 Max Power 9.00 Football Asia 9.30 A-League 10.00 Sports Unlimited 11.00 Snow Ride 11.30 Airsports World 12.00 Women's Pool 1.00 Snow Ride 1.30 Airsports World 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under; (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 OOglies. (R) (T) 4.05 SMart; (R) (T) Street Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley and their team of experts, including historian Dan Snow, consumer-rights campaigner Dominic Littlewood, gardening expert Christine Walken, and GP Dr Sarah Jarvis. (T)
7.30 Match of the Day Live. Aston Villa v Blackburn Rovers (Kick-off 7.45pm). All the action from tonight's League Cup semi-final second-leg encounter at Villa Park. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)
10.45 FILM: Norbit (2007). Premiere. Comedy, starring Eddie Murphy; (T) National Lottery Update and Weatherview. (T)
12.25 Sign Zone: Antiques Roadshow. (R) (T) 1.25 Sign Zone: Country Tracks. (R) (T) 2.20 Sign Zone: The Truth About Crime. (R) (T) 3.20 Sign Zone: Great British Railway Journeys. (R) (T) 3.50 BBC News. (T)

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Pick of the Day

The National Television Awards, ITV1, 7.30pm
It's all change for British telly's biggest back-slapping event this year. For many a moon it's been presented by Trevor McDonald from the Royal Albert Hall. But, as we begin a new decade, a fresh regime starts. This time around, the action will take place at the O2 Arena (ie the venue formerly known as the Millennium Dome), with Dermot O'Leary taking charge of the proceedings. If your personal favourite doesn't win, don't complain if you couldn't be bothered to vote — each trophy is decided by the viewing public. Last year, Doctor Who won the Most Popular Drama category, with David Tennant bagging the Outstanding Drama Performance awards. During his acceptance speech he announced he would be leaving the show. Whether there will be any such revelations this time around remains to be seen, but it would be a brave person who voted against the time-traveller doing the double again in 2010. Expect the likes of Stephen Fry, The X Factor, Dancing on Ice, The X Factor and Ashes to Ashes to also be in the running.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Ashley is unnerved by Sally's behaviour, and Nicola is angry after Jimmy decides to take a driving job the day before the christening. Elsewhere, Val is determined to make the restaurant opening a success, enlisting the help of David and Leyla to hand out flyers in the village. (T)
7.30 The National Television Awards. Dermot O'Leary hosts the 15th star-studded ceremony as some of the biggest names on the small screen gather at the O2 to hear the results of a nationwide poll across 11 categories. Ant and Dec lead the pack with three nominations including two for best entertainment programme - up against Big Brother and The Paul O'Grady Show. Holly Willoughby and Michael McIntyre make the shortlist for the first time in the entertainment presenter category, and the BBC's Strictly Come Dancing takes on ITV's X Factor, Britain's Got Talent and Dancing on Ice for the best talent show. Doctor Who's David Tennant, A Touch of Frost's David Jason, Shameless actor David Threlfall and Ashes to Ashes star Philip Glenister are named in the drama performance list, and soap newcomers Bronagh Waugh, Craig Gazey, James Sutton and Neil McDermott compete for their first national television award. (T)
10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: The Pelican Brief (1993). Legal thriller, starring Julia Roberts. (T)
1.05 October Road; (R) (T) ITV News Headlines. 1.55 Loose Women. (R) (T) 2.45 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 Planet Ajay. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Nature's Calendar. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Lifeline. (R) (T) 2.10 Live Bowls. The third round of the World Indoor Championships continues. (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 Obama's First Year: Reality Bites. (T) 7.30 James May at the Edge of Space. The presenter flies on board a U-2 spy plane 70,000ft above Earth. (R) (T) 8.00 Natural World. Documentary on the lives of leopardesses and their cubs in East Africa, revealing why these animals thrive while other big cats such as tigers and lions struggle to survive. (T) 9.00 Horizon: Pill Poppers. Investigating widely used medicines. (T) 10.00 The Persuasionists. Emma locks ugly employees away. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 QI. (R) (T) 11.50 Nurse Jackie. (R) (T) 12.20 Bowls Extra. (T) 1.20 BBC News. (T) 3.50 Close.

C4

6.00 The Hoobs. (R) (T) 6.25 Big Brother's Little Brother. (T) 6.50 Celebrity Big Brother. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 Back to You. (R) (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Guns at Batasi (1964). British military drama, starring Richard Attenborough. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Wogan's Perfect Recall. (T) 5.25 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 Relocation, Relocation. New series. Kirstie Allsopp and Phil Spencer help a couple who have just sold their home in Glasgow and want to move to Cornwall in search of a close community and better weather. (T) 9.00 Gordon's Great Escape. Gordon Ramsay heads south to Kerala to try a seafood curry, visits a meat-free zone in Tamil Nadu and cooks with one of India's top chefs in Mumbai. Last in the series. (T) 10.20 Celebrity Big Brother. (T) 11.35 My Daughter Amy. (R) (T) 12.00 4Music: 360 Sessions. (T) 12.35 Celebrity Big Brother: Live. 2.50 This Week's 4Music Top 20. 4.40 Countdown. (R) (T) 5.25 The Treacle People. (R) (T) 5.35 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Hana's Helpline. (R) (T) 6.55 Family! (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Chiro. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Megastructures. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Hard to Forget (1998). Detective thriller, starring Tim Dutton. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quitters. Five well-known faces try to give up smoking; (T) 7.30 Five News Update. (T) 8.00 Secrets of Egypt. The development of the pyramids; (R) (T) 8.00 Five News at 9. 9.00 NCIS. A lieutenant apparently commits suicide by jumping from an aircraft carrier, and Ziva and McGee are despatched to inform the widow - but arrive to find that she has been murdered. (T) 10.00 Numb3rs. A shootout at a bank is investigated. (T) 11.00 Law & Order: Criminal Intent. (R) (T) 11.55 Poker. (T) 1.30 SuperCasino. 4.05 Divine Designs. (R) (T) 4.30 Divine Designs. (R) (T) 4.55 County Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
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0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1650 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Chuck, series 0030 5 Para A Meia Noite 0130 Universidades 0200 Bastidores 0230 Biosfera 0330 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2200 Perfeito Coração 2315 Viver a Vida 0030 By The People: The Election of Barack Obama, documentary 0230 Quando o Telefone Toca 0430 Ciranda de Pedra
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Film 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Film: Meet the Fockers 12 (2004) 9.50 Film: Pulp Fiction 18 (1994) 12.20 Family Guy 12.40 Family Guy 1.05 Coming of Age 1.35 Stag Weekends: The Dirty Secrets 2.35 Kill It, Cook It, Eat It - Fast Food 3.30 Coming of Age 4.00 I Believe in Ghosts: Joe Swash 5.00 Doctor Who Confidential 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Diary of Anne Frank 8.00 The Children Who Fought Hitler 9.00 Shooting the War 10.00 Flight of the Conchords 10.30 We Need Answers 11.00 Film: Overlord 15 (1975) 12.20 Shooting the War 1.20 We Need Answers 1.50 The Children Who Fought Hitler 2.50 Shooting the War 3.50 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.30 Judge Judy 6.30 Popstar to Operastar 8.00 American Idol 9.00 The Brit Awards 2010 Launch Party 10.00 The National Television Awards Backstage Live 11.05 Film: Flashdance 15 (1983) 1.00 The Kylie Show 1.55 Emmerdale 2.15 Teleshopping 5.15 ITV2 Nightscreen
Sky1
1.30 Models of the Runway 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Fat Families 9.00 Got to Dance 10.00 NCIS: Los Angeles 11.00 Fat Families 12.00 Songbook 1.00 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Cold Case 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.20 Blackadder the Third 2.00 dinnerladies 2.40 dinnerladies 3.20 As Time Goes By 4.00 As Time Goes By 4.40 Last of the Summer Wine 5.20 Last of the Summer Wine 6.00 The Vicar of Dibley 6.40 The Vicar of Dibley 7.40 dinnerladies 8.20 dinnerladies 9.00 The Vicar of Dibley 9.55 The Vicar of Dibley 10.50 The Thin Blue Line 11.30 Blackadder the Third 12.10 Ruddy Hell! It's Harry and Paul 12.50 Hippies 1.30 The New Adventures of Old Christine 2.00 Ruddy Hell! It's Harry and Paul 2.30 Harry & Paul 3.00 Close
TCM
1.05 The Good Guys and the Bad Guys PG (1969) 3.00 The Madwoman of Chaillot U (1969) 5.30 The Big Night PG (1951) 6.55 The Candidate PG (1972) 9.00 Band of Brothers 9.55 Band of Brothers 11.15 Betrayed U (1954) 1.50 Off Set 2.35 Off Set 3.00 Teleshopping 5.00 The Good Guys and the Bad Guys PG (1969)
The Disney Channel
Kids' programmes from 7am

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MOVIES

Sky Movies Drama

6.10 Guilty as Sin 15 (1993) 8.00 Innocent Moves PG (1993) 10.00 Vantage Point 12 (2008) 11.40 No Reservations PG (2007) With Catherine Zeta-Jones. 1.30 Great Directors Special 2.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 3.50 One True Thing 15 (1998) With Renee Zellweger. 6.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 8.00 Vantage Point 12 (2008) With Dennis Quaid. 9.40 Home of the Brave 15 (2006) With Samuel L Jackson. 11.30 Three and Out 15 (2008) With Mackenzie Crook. 1.15 The Boxer 15 (1997) With Daniel Day-Lewis. 3.15 Home of the Brave 15 (2006) 5.05 Saving Sarah Cain PG (2007)

Sky Movies Comedy

6.35 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 8.25 35MM 8.55 Wayne's World 2 PG (1993) 10.40 The Jerk Theory PG (2009) 12.20 Get Smart 12 (2008) With Steve Carell. 2.15 Tropic Thunder 15 (2008) With Ben Stiller. 4.15 Leatherheads PG (2008) With George Clooney. 6.15 Wayne's World 2 PG (1993) With Mike Myers. 8.00 Get Smart 12 (2008) With Steve Carell. 10.00 Tropic Thunder 15 (2008) With Ben Stiller. 11.50 License to Wed 12 (2007) With Robin Williams. 1.30 VI Warshawski 15 (1991) With Kathleen Turner. 3.05 Leatherheads PG (2008) 5.05 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995)

Sky Movies Action/Thriller

6.50 Copperhead 18 (2008) 8.35 Rumble in the Bronx 15 (1995) 10.10 The Seeker: The Dark Is Rising 12 (2007) 11.50 The Game 15 (1997) With Michael Douglas. 2.00 The Rock 15 (1996) With Sean Connery. 4.20 The Invasion 15 (2007) With Nicole Kidman. 6.00 Bad Boys 18 (1995) With Will Smith. 8.00 The Rock 15 (1996) With Sean Connery. 10.20 War 18 (2007) With Jet Li. 12.10 Lethal Weapon 2 18 (1989) With Mel Gibson. 2.10 Bad Boys 18 (1995) With Will Smith. 4.15 Copperhead 18 (2008)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Carling Cup Football 10.00 Scottish Cup Football 11.30 Revista De La Liga 12.30 A-League 1.00 Football Asia 1.30 Carling Cup Football 2.30 Revista De La Liga 3.30 A-League 4.00 Scottish Cup Football 5.25 Cycling 5.55 Football Asia 6.25 FIFA Futbol Mundial 6.55 Live Johnstone's Paint Trophy Football. Milton Keynes Dons v Southampton (Kick-off 7.00pm). 9.00 Live Spanish Cup Football. A Copa Del Rey quarter-final first-leg match. 11.00 Carling Cup Football 12.00 Johnstone's Paint Trophy Football 2.00 Carling Cup Football 3.00 Spanish Cup Football 5.00 FIFA Futbol Mundial 5.30 European Tour Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE Vintage Collection 8.00 Revista De La Liga 9.00 Women's Pool 10.00 Pool 11.00 Thinking Tackle 12.00 Poker 2.00 Bass Fishing 3.00 Poker 5.00 Watersports World 6.00 Snow Ride 6.30 Cycling 7.00 European Tour Weekly 7.30 Inside the PGA Tour 8.00 Live USPGA Tour Golf. The Bob Hope Classic. 11.00 Transworld Sport 12.00 Cycling 12.30 European Tour Weekly 1.00 USPGA Tour Golf 4.00 Close

Sky Sports 3

11.00 Racing News 11.30 Aerobics Oz Style 12.00 Sports Unlimited 1.00 Pool 2.00 Snow Ride 2.30 Airsports World 3.00 Sports Unlimited 4.00 Women's Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Watersports World 8.00 Ten Pin Bowling 9.00 Cycling 9.30 Live ICC Under-19s World Cup Cricket. India v England. 5.00 Close

British Eurosport

5.00 Live Australian Open Tennis. Further coverage of day three from Melbourne Park. 1.30 Live Biathlon. World Cup coverage from Antholz-Anterselva in Italy. 3.00 Live Rallying. The opening day of the Intercontinental Rally Challenge from Monte Carlo. 4.00 Live African Cup of Nations. Egypt v Benin (Kick-off 4.00pm). 6.00 African Cup of Nations 6.15 Eurogoals Flash 6.25 Game, Set and Mats 6.55 Justine Henin Special 7.00 Planet Armstrong 7.05 Wednesday Selection 7.10 Show Jumping 8.05 Riders Club 8.10 US Tour Golf 9.10 Golf Club 9.15 Yacht Club 9.20 Wednesday Selection 9.30 Figure Skating 10.30 Biathlon 11.30 Game, Set and Mats 11.55 Justine Henin Special 12.00 Live Australian Open Tennis. The fourth day gets under way at Melbourne Park.

Sky Sports 4

4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Ten Pin Bowling 6.00 Aerobics Oz Style 6.30 Tracking Eero 7.00 Women's Pool 8.00 Women's Squash 9.00 Snow Ride 9.30 Tracking Eero 10.00 Watersports World 11.00 Snow Ride 11.30 Tracking Eero 12.00 Women's Pool 1.00 Snow Ride 1.30 Tracking Eero 2.00 Max Power 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under; (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 OOglies. (R) (T) 4.05 Gastronuts. (R) (T) 4.35 Relic: Guardians of the Museum. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)
7.30 EastEnders. Ronnie is left reeling by the news that Glenda has a son, and Jack later suggests they should track him down. A defeated Ian tells Jane that the police have strong evidence against him, but she vows not to give up on him, while Bradley feels uneasy when Stacey goes out drinking. The next episode of EastEnders: E20 can be seen online from 8.30pm; (T) BBC News; Regional News. (T)
8.00 Material Girl. Ali worries that her mistrustful nature will ruin her relationship with Chris, and her fears may be proved right when she makes an ill-judged decision to spy on her new boyfriend. The designer also needs to impress a powerhouse couple to secure financial backing for her and Marco's business, but is furious when she hears about their demands for her collection. Comedy drama, starring Lenora Crichlow. (T)
9.00 Silent Witness. Part one of two. Following his recovery from a life-threatening head injury, Leo's first case involves the shattered body of a woman found at the bottom of a block of derelict flats. A post-mortem indicates suicide, but the investigation is reopened when the pathologist uncovers evidence that the victim was shot before being thrown off the roof, and his suspicions are aroused when DI Neill seems reluctant to pursue the possibility that the deceased was an informant for an undercover police officer. Concludes tomorrow. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Skiing Weatherview. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Countryfile. (R) (T) 1.50 Sign Zone: Great British Railway Journeys. (R) (T) 2.20 Sign Zone: Horizon: Why Do Viruses Kill? (R) (T) 3.20 Sign Zone: Natural World. (R) (T) 4.20 Sign Zone: The Rat Pack. (R) (T) 4.50 BBC News. (T)

Pick of the Day

Bellamy's People, BBC2, 10pm
Anyone who has heard the BBC Radio 4 spoof phone-in show Down the Line will recognise the character Gary Bellamy, who is making his grand TV debut in this spin-off of the popular satirical broadcast. Down the Line received great acclaim, initially coming to the public's attention thanks to the concern of listeners who didn't realise that the show was a spoof. Rhys Thomas reprises his role of hapless radio host Bellamy, who is given the opportunity to make the transition to the screen and present his own TV series, travelling around the country in his Triumph Stag 'personality vehicle' as he goes in search of what it means to be British. The show also sees the reunion of Paul Whitehouse and Charlie Higson for their first TV collaboration in 10 years, along with more of the nation's finest comedians, including Lucy Montgomery, Simon Day and Felix Dexter — so we should be in for something very funny indeed. In this opening episode, Bellamy meets some of his regular callers, including 28-stone Graham Downes, Jamaican entrepreneur Early D, barely reformed celebrity criminal Tony Beckton and small-minded builder Martin Hole.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Ashley is appalled to discover the extent of Sally's lies, Jimmy and Carl become stranded when the truck breaks down, and Nikhil finds out that Priya's new car is not what it seems. (T)
7.30 Can You Save a Grand in a Day? Tonight. (T)
8.00 Emmerdale. The christening is put in jeopardy following Ashley's suspension, but Bishop Postlethwaite steps in to conduct the service. Nikhil reluctantly agrees to do business with Cain. (T)
8.30 Coronation Street. Tyrone believes Molly is having an affair with Dev after she moves into the corner shop flat, and Sally's workmates hope to make amends with her by starting a charity collection. (T)
9.00 The Bill. An intruder detained in a couple's flat turns out to have been there before, though the residents claim to have no idea who he is. Jo's hard work is rewarded with promotion. (T)
10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Real Crime with Mark Austin: Rachel Nickell - Case Closed. In 1992, Rachel Nickell was murdered on Wimbledon Common in front of her two-year-old son and this documentary tells the story of how it took 16 years to bring her killer Robert Napper to justice. Rachel's partner Andre Hanscombe reveals how he has dedicated the past 17 years to rebuilding his and his son's lives, and the programme also includes an interview with Colin Stagg, the innocent party who officers investigating the case were convinced was the culprit. Criminal experts and a childhood schoolmate provide an insight into the background of the man who was finally convicted of the murder. (R) (T)
11.35 The Krypton Factor. Ben Shephard presents the game show proving physical stamina and mental agility. Four more contestants bidding to reach the semi-final are tested on their memory, logic and general knowledge, as well as facing the infamous army assault course. (R) (T)
12.05 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.00 Loose Women. (R) (T) 1.50 The Jeremy Kyle Show. (R) (T) 2.45 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil; (R) (T) Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: BBC Primary History. (T) 11.20 KS2 Science Clips. (T) 11.30 Primary Literacy. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Live Bowls. The women's final in the World Indoor Championships. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 The Culture Show. New series. Verity Sharp presents from the Celtic Connections festival in Glasgow. (T) 8.00 Jimmy's Global Harvest. Examining new technology in America. (T) 9.00 Mock the Week. New series. With Milton Jones, Patrick Kielty and Mark Watson. (T) 9.30 Rab C Nesbitt. New series. Return of the comedy, starring Gregor Fisher. (T) **10.00 Bellamy's People.** New series. Comedy, starring Rhys Thomas as a radio phone-in host. (T) 10.30 Newsnight; Weather. (T) 11.20 The Culture Show. (R) (T) 12.20 Bowls Extra. (T) 1.20 BBC News. (T) 4.50 Close.

C4

6.00 The Hoobs. (R) (T) 6.25 Big Brother's Little Brother. (T) 6.50 Celebrity Big Brother. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 Science Scams. (R) (T) 12.15 A Place in the Sun: Home or Away. (R) (T) 1.20 FILM: Sands of Iwo Jima (1949). World War Two adventure, starring John Wayne. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Wogan's Perfect Recall. (T) 5.25 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 8.00 My Dream Farm. New series. Monty Don helps six families who have decided to live off the land, beginning with a couple who want to exchange their executive lifestyles for a higher quality of life. (T) 9.00 The Slumdog Children of Mumbai. A Dispatches special following four children during the treacherous monsoon season as they struggle to survive on the streets and in the slums of Mumbai. Part of the Indian Winter season. (T) 10.00 Celebrity Big Brother. More from the star-filled house. (T) 11.10 The World's Biggest Family and Me. (R) (T) 12.10 Ashes to Diamonds. (R) (T) 12.45 Celebrity Big Brother: Live. 3.55 St Elsewhere. (R) (T) 4.40 Countdown. (R) (T) 5.25 The Treacle People. (R) (T) 5.35 The Hoobs. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Hana's Helpline. (R) (T) 6.55 Family! (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Chiro. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Megastructures. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.10 FILM: The Last Trimester (2006). Premiere. Thriller, starring Chandra West. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quitters. Five well-known faces try to give up smoking; (T) 7.30 Five News Update. (T) 8.00 Build a New Life in the Country. Transforming a lighthouse into a luxury B&B; (T) 8.00 Five News at 9. 9.00 Extreme Fishing with Robson Green. New series. Angling for catfish in Africa. (T) 10.00 FILM: Starship Troopers 3: Marauder (2008). Premiere. An officer leads a band of soldiers to rescue a politician stranded on a planet infested with insects. Sci-fi sequel, with Casper Van Dien. (T) 12.05 SuperCasino. 4.05 Divine Designs. (R) (T) 4.30 Divine Designs. (R) (T) 4.55 County Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1520 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Grande Entrevista 2130 Liberdade 21 2200 Jogo Duplo 2300 Corredor do Poder 2345 Quarto Crescente 0045 True Blood, series 0130 Amor e Intrigas 0400 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1650 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Eco-Crimes 0030 5 Para A Meia Noite 0200 Iniciativa 0250 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2200 Perfeito Coração 2315 Viver a Vida 0030 CSI: Miami, series 0130 Criminal Minds, series 0215 Cartaz Cultural 0245 Quando o Telefone Toca 0430 Ciranda de Pedra
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 The Starter Wife, series 0145 Cartaz das Artes 0215 Sempre a Somar 0330 The Office, series 0400 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The World's Strictest Parents 9.00 Cannabis: Britain's Secret Farms 10.00 EastEnders 10.30 The Real Hustle Undercover 11.00 Family Guy 11.25 Family Guy 11.50 Cannabis: Britain's Secret Farms 12.50 Material Girl 1.50 The Real Hustle Undercover 2.20 The World's Strictest Parents 3.20 Kill It, Cook It, Eat It - Fast Food 4.15 Being Human 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 Time 9.00 Chemistry - A Volatile History 10.00 Newswipe with Charlie Brooker 10.30 Aristotle's Lagoon 11.30 My Family and Other Animals 1.00 Mark Lawson Talks to Imelda Staunton 2.00 Newswipe with Charlie Brooker 2.30 Time 3.30 Chemistry - A Volatile History 4.30 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 6.00 Take Me Out 7.00 Planet's Funniest Animals 7.30 Harry Hill's the Best of TV Burp 8.00 American Idol 9.00 Film: Flashdance 15 (1983) 10.55 Coronation Street 11.25 Film: The Grudge 15 (2004) 1.20 Hell's Kitchen USA 2.10 Emmerdale 2.35 Emmerdale 3.00 Teleshopping

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Sky1
1.30 Models of the Runway 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Simpsons - Access All Areas 9.00 Bill Bailey's Birdwatching Bonanza 10.00 Bones 11.00 Fat Families 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Cold Case 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.10 The Thin Blue Line 1.50 Yes Minister 2.30 Yes Minister 3.10 Keeping Up Appearances 3.50 Keeping Up Appearances 4.30 Last of the Summer Wine 5.10 Last of the Summer Wine 5.50 The Vicar of Dibley 6.45 The Vicar of Dibley 7.40 Yes Minister 8.20 Yes Minister 9.00 The Vicar of Dibley 9.55 The Vicar of Dibley 11.10 The Thin Blue Line 11.50 Blackadder the Third 12.30 Ruddy Hell! It's Harry and Paul 1.10 Harry & Paul 1.50 The New Adventures of Old Christine 2.10 Close Up 2.20 Ruddy Hell! It's Harry and Paul 2.55 Starstruck Classics 3.00 Close
TCM
3.00 The Spirit of St Louis U (1957) 5.45 Arizona Whirlwind 12 (1944) 7.00 Memories of Me 15 (1988) 9.00 Broadway Danny Rose PG (1984) 10.40 Absolute Power 15 (1997) 1.05 Broadway Danny Rose PG (1984) 3.00 Teleshopping 5.00 The Desert Song U (1953)
The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.50 Brighton Beach Memoirs 15 (1986) 8.50 The American President 15 (1995) 10.50 Breaking Away PG (1979) 12.35 Storyville 15 (1992) With James Spader. 2.35 Control 15 (2007) With Sam Riley. 4.40 Arlington Road 15 (1999) With Jeff Bridges. 6.40 Thick as Thieves 15 (2009) With Morgan Freeman. 8.30 The Duchess 12 (2008) With Keira Knightley. 10.30 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 12.30 Crash 18 (1996) With James Spader. 2.15 I Could Never Be Your Woman 12 (2007) With Michelle Pfeiffer. 4.00 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.55 1941 PG (1979) 8.55 Space Cowboys PG (2000) 11.10 Brewster's Millions PG (1985) With Richard Pryor. 12.55 True Identity 15 (1991) With Lenny Henry. 2.35 Fool's Gold 12 (2008) With Matthew McConaughey. 4.30 The Bachelor 12 (1999) With Chris O'Donnell. 6.15 Brewster's Millions PG (1985) With Richard Pryor. 8.00 Fool's Gold 12 (2008) With Matthew McConaughey. 10.00 My Best Friend's Girl 15 (2008) With Dane Cook. 11.55 True Identity 15 (1991) With Lenny Henry. 1.35 My Best Friend's Girl 15 (2008) With Dane Cook. 3.30 The Bachelor 12 (1999) 5.15 1941 PG (1979)

Sky Movies Action/Thriller

6.00 Metro 18 (1997) 8.00 Butterfly on a Wheel 15 (2007) 9.50 The Scorpion King 2: Rise of a Warrior 12 (2008) 11.50 The Poseidon Adventure 1.30 The Poseidon Adventure 3.10 Metro 18 (1997) With Eddie Murphy. 5.10 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 7.00 The Scorpion King 2: Rise of a Warrior 12 (2008) With Michael Copon. 9.00 Bangkok Dangerous 18 (2008) With Nicolas Cage. 10.45 Training Day 18 (2001) With Denzel Washington. 12.50 Bangkok Dangerous 18 (2008) With Nicolas Cage. 2.40 Sleepers 18 (1996) With Brad Pitt. 5.10 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 European Tour Weekly 7.00 Live European Tour Golf. The Abu Dhabi Golf Championship. 9.00 FIFA Futbol Mundial 9.30 Carling Cup Football 10.30 FIFA Futbol Mundial 11.00 Live European Tour Golf. The Abu Dhabi Golf Championship. 1.00 Carling Cup Football 2.00 Johnstone's Paint Trophy Football 4.00 Carling Cup Football 5.00 FIFA Futbol Mundial 5.30 Cycling 6.00 ATP Tour Uncovered 6.30 ICC Under-19s World Cup Cricket 7.00 Premier League World 7.30 Live European Rugby Union. Racing Metro v London Wasps (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Premier League World 11.30 European Rugby Union 2.00 Time of Our Lives 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v Pakistan.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Women's Pool 10.00 ICC Under-19s World Cup Cricket 10.30 Spanish Cup Football 12.30 ICC Under-19s World Cup Cricket 1.00 Women's Squash 2.00 European Tour Golf 4.00 Women's Pool 5.00 Transworld Sport 6.00 Snow Ride 6.30 European Tour Golf 8.00 Live USPGA Tour Golf. The Bob Hope Classic. 11.00 European Tour Golf 12.30 ATP Tour Uncovered 1.00 USPGA Tour Golf 4.00 European Tour Golf 5.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Experience 8.00 Ten Pin Bowling 9.00 Snow Ride 9.30 Tracking Eero 10.00 Women's Squash 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Snow Ride 2.30 Tracking Eero 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 FEI Equestrian World 6.30 Cycling 7.00 Transworld Sport 8.00 Netball 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Netball 3.00 Close

British Eurosport

5.00 Live Australian Open Tennis. The fourth day's play continues in Melbourne. 1.30 Live Biathlon. World Cup coverage from Antholz-Anterselva in Italy. 3.00 Live Rallying. The second day of the Intercontinental Rally Challenge from Monte Carlo. 4.00 Live African Cup of Nations. Cameroon v Tunisia (Kick-off 4.00pm). 6.00 African Cup of Nations 6.15 Eurogoals Flash 6.25 Game, Set and Mats 6.55 Justine Henin Special 7.00 Planet Armstrong 7.05 Ski Jumping 7.50 Live Figure Skating. The European Championships from Tallinn, Estonia. 9.00 Figure Skating 10.45 Rallying 11.15 African Cup of Nations 11.30 Game, Set and Mats 11.55 Justine Henin Special 12.00 Live Australian Open Tennis. The fifth day gets under way at Melbourne Park.

Sky Sports 4

4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Race World 6.00 BMX Series 6.30 Aerobics Oz Style 7.00 Women's Pool 8.00 Race World 9.00 FEI Equestrian World 9.30 Cycling 10.00 Live Poker. Coverage of the online Sky Poker Bounty Hunter tournament. 12.00 Cycling 12.30 Tracking Eero 1.00 Snow Ride 1.30 FEI Equestrian World 2.00 Women's Pool 3.00 Race World 3.30 BMX Series 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under; (T) BBC News; Weather. (T) 11.00 Britain's Empty Homes. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (T) 3.50 OOglies. (R) (T) 4.05 Horrible Histories. (R) (T) 4.35 Prank Patrol. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)
7.30 A Question of Sport. With Formula One driver Mark Webber, England rugby union international Simon Shaw, golfer Nick Dougherty and former world swimming champion Mark Foster; (T) BBC News: Regional News. (T)
8.00 EastEnders. Roxy decides to make changes in the Vic and sacks Tracey as part of a plan to employ younger staff behind the bar - but she soon incurs the wrath of Peggy. Meanwhile, Pat collapses during an argument with Janine, and Denise plays her rival Loretta at her own game, with a little help from Bianca. EastEnders: E20 continues online tonight and Sunday. (T)
8.30 QI. Comedians Phill Jupitus, Hugh Dennis and Andy Hamilton join regular panellist Alan Davies on the quiz in which host Stephen Fry awards points for the most interesting answers. (T)
9.00 Silent Witness. Part two of two. Leo begins to suspect Phil is linked to all the murders after finding Danielle, Alex and Ruth's unidentified lover's blood in a flat. The discovery leads him to the home of Peter Carmody's wife, where he learns her husband has been living under an assumed second identity and falsely claiming to be an undercover police officer. Elsewhere, Nikki persuades Harry to investigate the circumstances of his father's suicide. Crime drama, starring William Gaminara, Emilia Fox and Tom Ward. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The host is joined by actress Billie Piper, who discusses her role in Secret Diary of a Call Girl. He also welcomes comedian Alan Carr and singer-songwriter Alicia Keys. (T)
11.35 The National Lottery EuroMillions Draw. Presented by Kelle Bryan. (T)
11.45 FILM: The Devil's Advocate (1997). Supernatural thriller, starring Al Pacino; (T) Weatherview. (T)
2.05 Sign Zone: Lark Rise to Candleford. (R) (T) 3.05 Sign Zone: Great British Railway Journeys. (R) (T) 3.35 Sign Zone: An Island Parish. (R) (T) 4.05 BBC News.

Pick of the Day

Relocation: Phil Down Under, CH4, 8pm

Moving house can be hugely stressful even if you're only planning to relocate round the corner, so just how imagine how much more draining it can be if looking for a dream pad on the other side of the world. Fortunately, help is on hand in the familiar form of Phil Spencer. It turns out that not only is he an expert on the UK property market, he also knows quite a bit about finding the right house in Australia too — his wife hails from Melbourne, so he's spent plenty of time there. Now four emigrating families are about to get the benefit of his wisdom about all things in Oz in this new series. First up are Lee and Bronagh Davidson, who are hoping to relocate to Perth, Western Australia, with their three daughters. Phil hopes to give them a head start by helping them find the perfect four-bed house in which to begin their new life, but moving to a new country isn't all about bricks and mortar. The presenter will also be checking out the jobs and lifestyle on offer as he takes a tour of Sydney and joins the crew of a fishing boat.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Carl is shocked when ex-wife Colleen turns up and asks him to look after the children for a while, and Ashley despairs when he is labelled an adulterer and cannot disprove it. Elsewhere, Chas tries to persuade Carl to hire Charity, while Val and Pollard reflect on the success of the restaurant opening. (T)
7.30 Coronation Street. Pam questions Molly about her marriage break-up, while Tyrone apologises to Dev for hitting him. Sally prepares for her test results and Audrey suspects David is manipulating Gail. (T)
8.00 Dancing on Ice Friday. Ben Shephard and Coleen Nolan check on the girls' progress in rehearsal ahead of Sunday's show, while Jayne Torvill and Christopher Dean reveal the secrets behind their choreography. Judges Robin Cousins, Jason Gardiner and Karen Barber defend their assessments of the competitors and celebrity fans talk about their favourites. (T)
8.30 Coronation Street. Joe's desperation for cash leads him to consider plumbing new depths as the loan shark intensifies his threats. Sophie bears the brunt of Kevin's frustrations after telling him she has prayed for Sally, before joining Ryan to bid Sian an emotional farewell. Meanwhile, Sunita shares important news to share with Dev. (T)
9.00 Popstar to Operastar. The remaining seven singers aspiring to make the grade in opera face a second elimination round, with the two gaining the fewest phone votes facing the judgement of the panel. Mentors Katherine Jenkins and Rolando Villazon urge their proteges to ever greater heights, while critics Meat Loaf and Laurence Llewelyn-Bowen prepare to crush somebody's dream. (T)
10.30 ITV News and Weather. (T)
11.00 London News and Weather. (T)
11.05 FILM: The Life of David Gale (2003). Death row drama, starring Kevin Spacey. (T)
1.25 Ladette to Lady; (R) (T) ITV News Headlines. 2.20 FILM: The Missouri Breaks (1976). Western, starring Jack Nicholson and Marlon Brando. (T) 4.25 ITV Nightscreen.

BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Brum. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil; (R) (T) Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Tommy Zoom. (R) (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Primary Class Clips. (T) 11.15 BBC Primary Geography. (R) (T) 11.25 Something Special. (R) (T) 11.40 Look and Read. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Live Bowls. The World Indoor Championships quarter-finals. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Railway Journeys. (T) 7.00 Andrew Marr's History of Modern Britain. Global events that have shaped British society. (R) (T) 8.00 Mastermind. John Humphrys poses questions on specialist subjects the Life and Music of Lou Reed, Carl Gustav Mannerheim, Classical Greek Mythology and Martin Nadaud. (T) 8.30 An Island Parish. Preparations get under way for the annual Scilly dog show. (T) 9.00 Empire of the Seas: How the Navy Forged the Modern World. Britain's rise to supremacy. (T) 10.00 Mock the Week. With Milton Jones, Patrick Kielty and Mark Watson. (R) (T) 10.30 Newsnight. (T) 11.00 The Review Show; (T) Weather. (T) 12.05 Bowls Extra. (T) 1.05 Heroes. (R) (T) 1.45 Medium. (R) (T) 2.30 FILM: Blue Car (2002). Coming-of-age drama, starring Agnes Bruckner. (T) 3.50 Close.

C4

6.00 The Hoobs. (R) (T) 6.25 Big Brother's Little Brother. (T) 6.50 Celebrity Big Brother. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.25 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 3 Minute Wonder: The Wall. (R) (T) 12.10 How Clean Is Your House? (R) (T) 12.40 A Place in the Sun: Home or Away. (R) (T) 1.45 FILM: Destination Gobi (1953). World War Two adventure, starring Richard Widmark. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Wogan's Perfect Recall. (T) 5.25 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Ambreen: The Girl Boxer. The trials faced by Britain's first Muslim female boxer. (T) **8.00 Relocation: Phil Down Under.** New series. Australian property show. (T) 9.00 Celebrity Big Brother: Live. Davina McCall announces the name of an evictee. (T) 10.00 8 Out of 10 Cats. Irreverent panel show hosted by Jimmy Carr, in which two teams answer questions based on opinion polls to see who best understands what is going on in Britain today. (T) 10.35 Celebrity Big Brother: Live. (T) 11.10 David Blaine: What Is Magic? (R) (T) 12.05 4Music: Mercury Prize Sessions. (T) 12.20 4Music: 360 Sessions. (R) (T) 12.50 Celebrity Big Brother: Live. 4.00 Beach Volleyball. (T) 4.55 Grudge Match. (R) (T) 5.10 Countdown. (R) (T)

(R) - repeat programme;
(T) - programme w/ teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Hana's Helpline. (R) (T) 6.55 Family! (R) (T) 7.00 Peppa Pig. (R) (T) 7.10 Little Princess. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Chiro. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Megastructures. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: A Child's Cry for Help (1994). Drama, with Veronica Hamel. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Celebrity Quitters. Five well-known faces try to give up smoking; (T) 7.30 Five News Update. (T) 8.00 Knight Rider. Mike tries to thwart a casino robbery by working undercover in Las Vegas as part of a gang, and Tess Landafly visits the SSC to carry out an eco-audit; (T) 8.00 Five News at 9. 9.00 FILM: The Contractor (2007). A former assassin is coaxed into undertaking one last mission, but ends up framed for murder. Action thriller, with Wesley Snipes and Charles Dance. (T) 11.00 Paul Merton in Europe. (R) (T) 12.00 SuperCasino. 4.05 Motorsport Mundial. 4.30 Divine Designs. (R) (T) 4.55 County Secrets. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1520 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antes Pelo Contrário 2120 Pai à Força 2215 Família, Família 0045 True Blood, series 0130 Film 0315 Amor e Intrigas 0430 Telesales
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1650 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1930 Zig Zag 2045 Two and a Half Men, series 2105 National Geographic 2200 News 2240 Mad Men, series 2330 Documentary 0030 5 Para A Meia Noite 0130 Palcos 0300 Bastidores 0330 Euronews 0515 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2200 Perfeito Coração 2315 Vivere a Vida 0030 Film 0230 Quando o Telefone Toca 0430 Ciranda de Pedra
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Euromillions 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Film 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Top Gear 8.05 Wallace & Gromit's Cracking Contraptions 8.10 Doctor Who 9.00 Being Human 10.00 EastEnders 10.30 I Believe in Ghosts: Joe Swash 11.30 Family Guy 11.50 Family Guy 12.15 Coming of Age 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Being Human 2.45 I Believe in Ghosts: Joe Swash 3.45 Coming of Age 4.15 Two Pints of Lager and a Packet of Crisps 4.45 Two Pints of Lager and a Packet of Crisps 5.15 Greek Uncovered 5.30 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Jean Sibelius - Part One: The Early Years 8.30 Transatlantic Sessions 9.00 Arena: Brian Eno - Another Green World 10.00 Brian Eno - Hits, Classics and Tracks 11.00 The Roxy Music Story 11.55 Film: For All Mankind PG (1989) 1.10 Arena: Brian Eno - Another Green World 2.10 Brian Eno - Hits, Classics and Tracks 3.10 The Roxy Music Story 4.05 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 5.30 Creature Comforts 5.45 Dancing on Ice 7.30 Dancing on Ice: The Skate Off 8.00 Grimefighters 8.30 Grimefighters 9.00 Film: Troy 15 (2004) 12.10 Film: The Last Kiss 15 (2006) 2.15 Coronation Street 2.40 Coronation Street 3.05 Emmerdale 3.30 Teleshopping 5.50 ITV2 Nightscreen
Sky1
1.00 Project Runway 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 WWE Superstars 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Got to Dance 9.00 Fat Families 10.00 Road Wars 11.00 Football's Next Star 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Don't Forget the Lyrics 3.30 Cold Case 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.30 Only Fools and Horses 2.10 Only Fools and Horses 2.50 As Time Goes By 3.30 As Time Goes By 4.10 Last of the Summer Wine 4.50 Last of the Summer Wine 5.35 The Vicar of Dibley 6.25 The Vicar of Dibley 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 The Royle Family 9.40 The Royle Family 10.20 Harry Enfield and Chums 11.00 Blackadder the Third 11.40 Blackadder the Third 12.20 The Royle Family 1.00 The Royle Family 1.40 Harry Enfield and Chums 2.20 Blackadder the Third 2.50 Close Up 3.00 Close
TCM
1.05 Tall Story U (1960) 3.00 Kid Galahad PG (1937) 4.55 Carson City U (1952) 6.35 The Apartment PG (1960) 9.00 Carrington 18 (1995) 11.20 Short Cuts 18 (1993) 3.00 Teleshopping 5.00 Tall Story U (1960)
The Disney Channel
Kids' programmes from 7am, except: 6.25 Film: A Modern Twain Story: The Prince and the Pauper PG (2007) Drama, starring Cole and Dylan Sprouse. 9.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Fantasy adventure, starring Brenda Song.

MOVIES

Sky Movies Drama

6.00 A Christmas Wedding PG (2006) 7.30 Tumbleweeds 12 (1999) 9.15 Phoebe in Wonderland PG (2008) 11.00 35MM 11.30 Brideshead Revisited 12 (2008) With Matthew Goode. 1.45 The Express PG (2008) With Rob Brown. 4.00 Great Directors Special 4.30 Coyote Ugly 12 (2000) With Piper Perabo. 6.15 Then She Found Me 15 (2007) With Helen Hunt. 8.00 Cast Away 12 (2000) With Tom Hanks. 10.35 How She Move 12 (2007) With Rutina Wesley. 12.10 Looking for Mr Goodbar 18 (1977) With Diane Keaton. 2.30 Get Real 15 (1999) With Ben Silverstone. 4.25 On Broadway 12 (2007)

Sky Movies Comedy

7.20 Family Show 7.50 Death Becomes Her PG (1992) 9.30 Fletch PG (1985) 11.15 The Top 10 Show 11.40 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 1.20 Drillbit Taylor 12 (2008) With Owen Wilson. 3.05 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy. 4.55 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 6.20 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 8.00 Drillbit Taylor 12 (2008) With Owen Wilson. 9.45 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy. 11.35 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 1.20 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 2.45 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 4.30 Big Business PG (1988)

Sky Movies Action/Thriller

6.45 The Top 10 Show 7.05 I Am Legend 15 (2007) 9.00 Street Kings 15 (2008) 11.00 Eagle Eye 12 (2008) With Shia LaBeouf. 1.10 The Forbidden Kingdom 12 (2008) With Jet Li. 3.05 Street Kings 15 (2008) With Keanu Reeves. 5.05 I Am Legend 15 (2007) With Will Smith. 7.00 Eagle Eye 12 (2008) With Shia LaBeouf. 9.00 The Forbidden Kingdom 12 (2008) With Jet Li. 10.50 The Glimmer Man 18 (1996) With Steven Seagal. 12.25 The Crew 18 (2008) With Scot Williams. 2.30 Sea of Love 18 (1989) With Al Pacino. 4.30 Angel Flight Down PG (1996)

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SPORT

Sky Sports 1

6.00 Live International Cricket. Australia v Pakistan. 11.30 Premier League World 12.00 Transworld Sport 1.00 ATP Tour Uncovered 1.30 Premier League World 2.00 International Cricket 4.00 ATP Tour Uncovered 4.30 FIFA Futbol Mundial 5.00 Premier League World 5.30 Cycling 6.00 Football League Weekend 7.00 Premier League World 7.30 Live European Rugby Union. Munster v Northampton Saints (Kick-off 8.00pm). 10.00 Live Friday Fight Night. Ian Napa v Jamie McDonnell. 12.00 Live Cycling. Coverage of the fifth stage of the Tour Down Under. 4.30 Premier League World 5.00 World Sport 5.30 Spirit of Yachting

Sky Sports 2

6.00 ATP Tour Uncovered 6.30 Premier League World 7.00 Live European Tour Golf. The Abu Dhabi Golf Championship. 9.00 Premier League World 9.30 ATP Tour Uncovered 10.00 Transworld Sport 11.00 Live European Tour Golf. The Abu Dhabi Golf Championship. 1.00 FEI Equestrian World 1.30 Snow Ride 2.00 European Tour Golf 4.00 Transworld Sport 5.00 NFL: Total Access 6.00 World Sport 6.30 European Tour Golf 8.00 Live USPGA Tour Golf. The Bob Hope Classic. 11.00 European Tour Golf 12.30 World Sport 1.00 USPGA Tour Golf 4.00 European Tour Golf 5.30 ATP Tour Uncovered

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Netball 11.00 Racing News 11.30 Aerobics Oz Style 12.00 European Rugby Union 2.30 ATP Tour Uncovered 3.00 WWE: Raw 5.00 Race World 6.00 Snow Ride 6.30 Cycling 7.00 Spirit of Yachting 7.30 International Cricket 9.30 WWE: Late Night - Smackdown 11.30 WWE: Late Night - Bottom Line 12.30 Football League Weekend 1.30 European Rugby Union 4.00 Friday Fight Night

British Eurosport

5.00 Live Australian Open Tennis. Further third-round coverage from Melbourne. 1.15 Live Biathlon. The World Cup meeting from Antholz-Anterselva in Italy. 2.45 Alpine Skiing 3.15 Live Ski Jumping. The opening jump of the HS134 discipline in Zakopane, Poland. 5.00 Game, Set and Mats 5.30 Justine Henin Special 5.35 African Cup of Nations 5.50 Eurogoals Flash 6.00 Live Rallying. The third day of the Intercontinental Rally Challenge from Monte Carlo. 7.45 Planet Armstrong 7.50 Figure Skating 10.00 Live Rallying. The third day of the Intercontinental Rally Challenge from Monte Carlo. 11.45 Australian Open Tennis 12.00 Live Australian Open Tennis. The sixth day's play gets under way in Melbourne.

Sky Sports 4

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Raw 9.00 European Rugby Union 11.30 Snow Ride 12.00 Netball 2.00 Transworld Sport 3.00 Race World 4.00 Snow Ride 4.30 Aerobics Oz Style 5.00 Elite League Ice Hockey 7.00 Tight Lines 8.00 World Sport 8.30 Snow Ride 9.00 Cycling 9.30 Live ICC Under-19s World Cup Cricket. A quarter-final. 5.00 FIFA Futbol Mundial 5.30 Snow Ride

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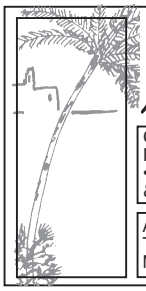

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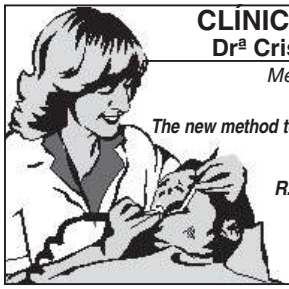

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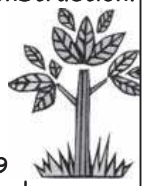

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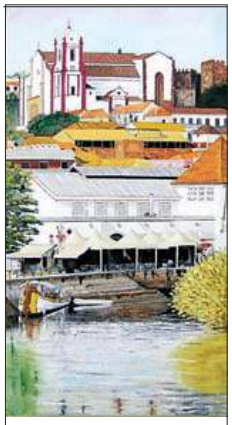

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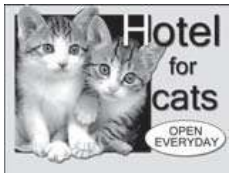

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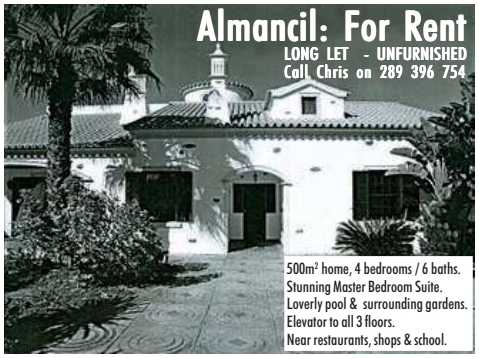

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RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

THE DOOR Christian International Church -meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N° 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 213 931 130 Fax 213 884 304 e-mail: celesboa@mail.telepac.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study:Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

ALL SAINTS ANGLICAN CHURCH, ALGARVE (Member of the Worldwide Anglican Communion) Holy Communion every Sunday for all the family. **Almancil** 10.30am with Adventurers (Sunday School with a difference) and Creche at Almancil Community Centre (ASCA). **Lagoa** 6pm at Lagoa Convent Chapel. Maps and further information at www.allsaintsalgarve.org or 282 380 311.

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THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

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INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 10.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

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INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto(across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

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THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

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South Africa stars in this year's BTL

Lisbon's annual Tourism Trade exhibition (BTL) this year will open with an emphasis on South Africa, with several stars and key representatives from that country paying a visit to Portugal for the event.

A two million euro budget was set for this year's BTL, which will be open until Sunday.

According to Vítor Neto, "BTL is the ideal platform for tourism to rediscover itself and create more awareness about its economic importance, and its contribution in helping overcome the [economic] crisis as well as rebuilding businesses' confidence"

South Africa, which in June will be hosting the World Cup, is this year's BTL 'Guest of Honour'. One of the resorts featured at the BTL is the renowned Sabi Sabi resort in South Africa's famous Kruger Park, a regular amongst the world's top 15 most popular hotel rankings.

Leading up to the opening of the BTL, the South African Embassy in Lisbon hosted a presentation at Benfica's Stadium of Light showing what the country will be offering visitors at the year's World Cup.

South African officials estimate that up to half a million Portuguese live in that country, and are looking to boost travel between the countries.

Figures show that up until September last year, visitors from Portugal to South Africa had increased by around 13 percent on the previous 12 months, and the hope is that numbers will continue to grow.

Jabu Mabuza, President of Tourism South Africa, told the Lisbon conference that South Africa has gone to great lengths to dispel some of the myths related to his country, while stressing that the World Cup has allowed South Africa "to take its place in history".

He further listed a string of tournaments the country had hosted without any hiccups, such as the rugby and cricket world cups, the Africa Cup of Nations, as well as the IPL cricket tournament, which Indian officials chose to move to South Africa due to security concerns on the Asian sub-continent, deciding against an invitation from English officials to host the event in Britain.

Overall, around half a million visitors are expected in South Africa between June 11 and July 11 for the 2010 World Cup.

Meanwhile, forty-five different countries will be exhibiting at this year's exhibition, five more than last year.

New countries taking part include China, Bosnia and Herzegovina, Botswana, Guinea-Bissau, Indonesia, Jordan, Senegal, Syria, Tanzania and Rome, whose Mayor will be giving a press conference in Lisbon.

Pavilion one, measuring 500 square metres, is entirely dedicated to the area of Lisbon and will promote regions such as the Estoril Coast, Mafra, Oeiras and Sintra.

Portuguese speaking countries Portugal, Angola, Brazil, Cape Verde, Guinea-Bissau, Macao, Mozambique and São Tomé e Príncipe will make up Pavilion four.

The presidentof Tourism South Africa, Jabu Mabuza, speaking to reporters in Lisbon earlier this week after giving a presentation on his country and its ability to host the 2010 World Cup. (Photo: The Portugal News)

EDP starts work on €350m pumped storage hydro

Portuguese energy company EDP began work this week to build the Venda Nova III pumped storage hydroelectric power plant in northern Portugal, the Lusa News Agency reported.

Prime Minister José Sócrates, along with EDP chief executive Antonio Meixa and state Secretary for Energy Carlos Zorrinho, attended a ceremony to mark the laying of the first stone of a project with a power station to be built 400 metres underground. The 736MW pumped storage plant is due to come on-stream in 2015.

Portugal to hand over Cabinda separatist leaders?

France and Portugal are to permit the extradition from Europe to Angola of Cabinda independence leaders, said an editorial in Wednesday's Jornal de Angola.

The Luanda authorities could move to issue an international arrest warrant against some FLEC leaders living in France, said the article, following "unacceptable" comments from the self-proclaimed leader of the FLEC-PM military faction, Rodrigues Mingas, who made the first claim to have attacked Togo's national football squad last week in Cabinda killing three members of the group (see Page 56).

Jornal de Angola, state owned and the country's only general interest daily, also mentioned the name of FLEC leader N Zita Tiago who lives in France. The unsigned opinion piece welcomed Portugal's condemnation of the deadly Cabinda attack but noted the treatment of Cabinda insurgents as heroes by RTP state television and other broadcast media does not reflect the opinions of most Portuguese and even less their leaders in Lisbon.

TPN/Lusa

Deep-sea research centre planned for Azores

Portugal's Minister for Science and Universities, Mariano Gago, has announced plans to set up a cutting-edge research centre in the Azores Islands to study the deep Atlantic.

Minister Gago unveiled the initiative on Saturday during the inauguration of new facilities for the Azores University's Department of Oceanography and Fishing at Horta on Faial Island.

"The potential of the (Atlantic) depths is so great that it justifies a specific programme of this nature", Gago said.

The future research centre, he added, would be "open and competitive" with a view to attracting international specialists and projects.

The head of the Azores regional government, Carlos César, backed the idea, saying Horta should headquarter "a centre of excellence linked to deep-sea technologies".

The university's new oceanography department's facilities cost the central and island governments €6.2 million. *TPN/Lusa*

Portuguese firm leads effort to boost EU research presence in China

The European Union will increase its scientific research presence in China under a programme launched on Tuesday in Beijing, according to the head of the Portuguese firm overseeing the programme.

"We want to boost the participation of European researchers in Chinese research programmes which is very small at this moment", Sara Medina, of the Sociedade Portuguesa de Inovação, told the Lusa News Agency.

Medina said the 30-month ChinaAccess4EU programme aims to back the entry of EU researchers into Chinese projects, especially in the areas of biotechnology, health, energy and environment.

The Portuguese consultancy firm leading the project has had an office in Beijing for about a decade.

TPN/Lusa

Benfica, Braga look to keep the pace

With half of the Super Liga football championship matches played, Lisbon giants Benfica and surprise-package Sporting Braga are the current pace-setters at the top of the table.

Benfica manager Jorge Jesus brings his point across in no uncertain terms to full-back César Peixoto during the team's 1-0 win over Rio Ave in Vila do Conde over the weekend. (Photo:Lusa/Esteka Silva)

Defending champions FC Porto are four points adrift, though they remain in the hunt for silverware come the end of the season, despite several below-par performances so far this season in the league.

Similar hope, however, will be in vain for supporters of fourth-placed Sporting, who are now 12 points behind the leaders. Last season's runners-up have shifted their focus away from trophies and are now looking to claim a spot in next season's lucrative European competitions.

While most neutrals have admittedly been waiting for Sporting Braga to fail, the northerners have so far only dropped nine points in 15 games, and once more looked worthy league title contenders last Friday evening when they beat Nacional, fourth in the table at the time.

Benfica, undoubtedly the best at showcasing the "beautiful game" this season, were once again reliant on Argentine international Javier Saviola to secure the three points, when he scored the solitary goal in their match at Rio Ave on Saturday.

Sporting ended a barren run by beating struggling Leixões 1-0 in Lisbon, while FC Porto had to thank their Brazilian international goalkeeper Helton for all three points after he saved an injury time penalty against União Leiria for a hard-fought 3-2 win in Oporto.

A string of interesting matches lie ahead this weekend, with FC Porto receiving mid-table Paços Ferreira, who beat their more illustrious northern neighbours when they hosted them earlier in the season.

Sporting will welcome Nacional, who share the same amount of points as the Lisbon club.

On Sunday, Sporting Braga travel south to Coimbra to face Académica, while Benfica have a flight to Madeira scheduled for Friday in preparation of their match-up with Marítimo in Funchal.

President wishes African Cup 'total success' despite guerrilla attack

Portuguese President Aníbal Cavaco Silva has wished his Angolan counterpart "total success" in hosting the African Cup of Nations football championship despite a deadly guerrilla attack against one of the participating teams.

In a message sent on Sunday to Angolan President José Eduardo dos Santos, Cavaco Silva said the choice of Angola to host the championship was "a reason for justified pride" and a "reflection of progress" brought by peace since the end of the civil war in 2002.

He expressed his hope that Angola would use the championship to showcase its "capacity to overcome difficult moments" and the role of sports in "celebrating peace and understanding between peoples".

The opening of the championship in Luanda on Sunday was marred by a separatist guerrilla ambush in Cabinda last Friday against the arriving Togolese soccer team.

Three people were killed in the attack, leading Togo to withdraw from the 16-nation event.

Angolan police later arrested two people suspected of having links to the Cabinda separatist movement, a senior official said on Monday.

Angola's national radio reported Cabinda's attorney-general as saying the two detainees were suspected of having ties to the separatist Cabinda Enclave Liberation Front (FLEC), but had "not participated directly" in the attack Friday.

A Paris-based spokesman for the FLEC-PM faction, which claimed responsibility for the attack on the Togolese team bus, told the French new agency AFP that attacks in the northern enclave would continue, saying the oil-rich territory was "at war and all strikes are permitted".

The rebel spokesman, Rodrigues Mingas, blamed organisers of the tournament for the incident that led Togo to withdraw from the championship because it had "insisted" on holding seven group matches in Cabinda City, one of four Angolan venues.

The Togolese team's assistant coach and press officer were killed in the Friday ambush, along with the bus driver.

Championship play opened Sunday in Luanda, the Angolan capital, with Angola tying Mali 4-4.

In a related story, the South African organiser of the upcoming World Cup 2010 said Angola must shoulder responsibility for the deadly attack on the Togolese football team because it knew the risks of staging African Cup of Nations matches in Cabinda.

Danny Jordan, quoted by the French news agency AFP, said Angola knew "the risk of terrorist attacks on its territory".

"How long have we known that there are separatist groups in Angola? That there are risks of terrorist attacks? We knew", Jordan said.

The CEO of the 2010 World Cup said the security issues had been raised with Luanda in a report prepared by an African Football Confederation delegation he led to Angola in 2006 to review Luanda's preparations to host the African Cup of Nations currently underway at four Angolan venues.

TPN/Lusa

The body of a member of the Togo national soccer team squad in a coffin draped with the Togo flag is unloaded from an aeroplane late in the night at Tokoin International Airport in Lome, Togo 10 January 2010. The Togo team have pulled out of the African Cup of Nations tournament following the deadly attack on their team bus in Angola on 08 January 2010. (Photo: EPA/STR)

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Sporting-Nacional	Sunday	21h15	RTP1
Belenenses-Leixões	Sunday	15h00	
Rio Ave-Leiria	Sunday	16h00	
Académica-Braga	Sunday	18h00	SportTV1
Marítimo-Benfica	Sunday	20h15	SportTV1

Carvoeiro
We have properties here...

Marinha
...and here...

Ferragudo
...and here...

Silves
...and here...
All properties on web site
Carvoeiro: 282 354 165
Silves: 282 441 237
Lagoa/Poço Partido: 282 352 100
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